31

Epulario,

Or,

The Italian Banquet:

Wherein is ſhewed the maner how to dreſſe and prepare all kind of Fleſh, Foules or Fiſhes.

As alſo how to make Sauces, Tartes, Pies, &c. After the maner of all Countries.

With an addition of many other profitable and neceſſary things.

Tranſlated out of Italian into Engliſh.

LONDON,
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1598.

The Banquet, called in Italian, *Epulario*: wherein is handle dthe manner of dreſſing all kindes of meates, birds, and all ſort of fiſhes.

Alſo ſhewing how to make Sauces, Pies, Tarts, &c. According to the vſe of all nations.

The firſt booke, ſhewing what meat is beſt roſted, and what beſt boiled.

THe fleſh of Beeke is beſt boiled, and of Veale the breſt is good ſodden, the loine roſted, and the legs made in Oliues. All parts of the ſheepe are good boiled, only the ſhoulder, which is beſt roſted, as alſo the legge. Porke is altogether wholſome being freſh, yet ỹ chine is good roſted, the reſt is ſalted as you thinke good. Kid is all good to be roſted or boiled as you thinke good, but the hinder quarter is better roſted, the like of Lambe. Goats fleſh is good from the Month of January with ſauce made of Garlike. The ſide of a Bucke is good in Bacon broth. The Loine may be roſted, and the legs baked, the like may be done with a yong Kid. Wild Boze ſhould be peppered and larded. The Hare is good roſted, but the hinder part is better boild. Connies are better roſted then any other way, and the beſt part of them is the hinder legs.

To dreſſe Capon, Peacocke, Feiſant, and other foule.

Shoueler, Puet, Ducke, Crane, wild Gooſe, Heron and Stork, are all good and would be ſtuffed with Garlike, onions, or ſuch like things. Peacocke, Feiſant, Partrich, wild Henne, Quailes, Thruſh, blacke Bird, and all other good Birds are to be roſted. Pigeons are good both roſted and ſodden, yet beſt roſted. Ring-doues and wild Pigeons are good roſted, but better boiled with Pepper, Sage, Parſely, and Margerum. Capon is good both boiled and roſted, and likewiſe the Henne.

How to ſeeth all kind of fleſh that it may ſhew faire.

You hauing cut it in as many peeces & parts as you thinke good, then lay it to ſoke in faire water for the ſpace of an hour, which done waſh it againe in freſh water, and then with hot water, then ſet it ouer the fire in the Kettell or pot wherein it may haue rome inough, that it may be the whiter: then put as much ſalt to it as ſhall be needful, and be careful to ſkim it: if your ſalt be not cleane, put it in whot water, and let it continue therein till it bee melted, and conuerted into water or pickle, which being ſettled, you may put into the pot or Kettell of meat, alwaies taking care not to put in the dregs of the pickle, becauſe it is foule. But if your fleſh be old & tough eſpecially Capon or Hen, then ſhift them out of the boyling water, and put them into freſh water, and ſo they will be fair, and ſoner boiled.

To make all kind of meat to roſt faire and white.

To make all kind of foule, Capons, Kid, or any other fleſh to roſt faire and white, ſpecially Beefe, Mutton, Veale, or Lambe. Firſt parboile it, and then larde it, if it be Capon, feiſant,

ſant, or any other foule : firſt waſh it cleane, that done, dip it in hote water, but take it preſently out againe and lay it in cold water, and it will be the fairer and roſt better: then lard it and ſticke it with cloues or other things as you think good, or as he that oweth it doth moſt fancy it: if you will you may ſtuffe them with ſweet hearbes, dry proines, ſoure grapes, cherries, and ſuch like things, and ſo ſpit it, and firſt make a ſoft fire that it may roſt ſokingly & not bee ſcorched or burnt, and when you think it almoſt roſted, grate white bread, and caſt ſalt into it, wherewith you ſhall crumme it, then make a hot fire, and turne it round, ſo it will be fair and white, which done, ſend it preſently to the table.

To make a good deuiſed meat, or ſauce.

To make good deuiſed meat of Goat, Hare, wild Boare, or any other wild beaſt. Take of clarret wine and water, of ech a like quantity, and waſh the fleſh in them, then ſtraine that water and wine through a cloth, putting therto as much ſalt as is requiſite, which done, boile the fleſh therein, & when it is boiled, take it out: and if you deſire to make two diſhes of it, take a pound and a halfe of Currans, and bruſe them well with as much bread, which you ſhall cut in peeces, toſt, grate, and being in crums, ſoke in good vineger, which done, beat the Currans and the bread together : and if you can get of the blood or entrailes of the wild beaſt, it will be very good to mixe with them, which being well beaten together, it muſt bee tempered with baſtard wine, that is wine ſod with new wine, called Muſt, and with the vineger wherwith the bread was ſoked, let it paſſe through a ſtrainer into a pipkin, wherein you ſhall put cloues and Sinamon, as much as you think good, and as it is neceſſary, and make it ſtrong or ſweet of vineger & ſpice, according to the maner, or as ỹ owner will haue it. Then let it boile halfe an houre vpon a chafingdiſh, with a ſoft fire, on the one ſide then vpon the other turning it often with a ſpoone: then fry the fleſh with good lard and cut

it in peeces, and lay it in dishes, and couer it with this deuised meat, and the blacker it sheweth, the fairer it is.

To make broth of the flesh of wild beasts.

First wash the flesh well with good white wine mingled with as much water, and straine the washing, and seeth the flesh therin, putting to it a good quantity of lard cut in square peeces as great as dice: which done, put thereto a good quantity of sage, being pulled in three or foure peeces with your hands, and when it is almost ready, put spice into it, as I said before. And to make the broth somewhat thicke, take two or three yolkes of egges, according to the quantity thereof, and as much bread well tosted at the fire, but not ouermuch, only to drie it, which you shall make into small crummes, then take a little of the broth, and straine the bread and egges into the pot of broth: and if thou canst get some of the blood or the entrailes of the beast, you shall beat it well and seeth it with the same broth, & it will be the better. But if thou wilt make any dishes of this broth, the flesh is to be cut in peeces of halfe a pound or of a pound: and if you will make pottage, it must be cut very small: you must also remẽber that the flesh whereof this meat is made of, or else broth, must be boiled in the water wherein it was washed, because you may not loose that blood which commeth out of it in the washing.

To make sauce for Venison.

To make sauce for venison, first boile the flesh in a quantity of water mingled with as much vineger, & when it is boiled take thy flesh out of the broth, that it may shrinke and dry: and being dried, frie it in good lard: and if you desire to make two dishes thereof, take a pound of Almonds unpilled, and beat them together with the meat, then take a pound of bread cut in peeces, and tost it at the fire, but not much. Which done, lay it to steepe in a little red wine, and being steeped

steeped, beat it together with the forsaid thinges, then temper it with the broth of the said flesh, and straine it into a pipkin, and set it on a soft fire, to boile for the space of halfe an houre. Then put therein some Pepper and Sinamon, that it may haue the ordinary tast, or that it may be strong or sweet as the maister of the house will haue it. Then take an onion and seeth it with larde cut in small peeces, and when the onyon is sodden, stampe it and mixe it with the larde wherewith it was sodden, and put them into the pipkin with the other things aforesaid, and let them boile together, then dish the meat and lay this sauce vpon it, and send it to the table.

To make small pasties of Venison or Goats flesh.

To make Pasties of Venison or Goats flesh, first cut the flesh into diuers peeces as big as your fist, then parboile them in water, vineger, and salt, as much as is requisite, then take it forth and dry it, which done, larde it, first rouling the peeces of cut lard, & this flesh in pepper and Sinamon with some salt all beaten together, then take cloues and sticke them on all sides of thy peeces of meat, then take good floure and make the crust thicker then a pancake, and of euery peece of flesh you shall make a smal pasty, then bake them sokingly and well, and these pasties may bee kept fifteene daies or a month.

To make pies of Veale, Capon, or any other flesh.

To make Pies of Veale, Capon, Birds, or any other flesh. Take as much of the leanest part thereof as you think good, and mince it small, then take the suet or fat of a Calfe, and mixe it with the meat, and spice it according vnto the common manner, that done, make your paste as you did for the pasties, and bake them in an ouen. And when they are

baked, take the yolks of two Egges, Uergiuice, a little Saffron, and mire them with butter and water, which poure into the Pies. And if you cannot make the crust, then boile the meat so drest as aforesaid in a pan like a Whitepot, in such Pies you may put one or two Hennes, Capons, Pigeons, or any other foules either whole or minced.

To make a Pie in a posset or pipkin.

To make a Pie in a pipkin, First take the flesh and good Béefe suet, and mince it smal, and put it in a pipkin, and if you will, you may put therein Capon, Henne, or Pigeon, then set it on the coales, and when it beginneth to boile, skim it. Then take a few small Reasons and an Onion, and mince them small, and fry them with good suet, and put them suet and all into the pipkin, and when it is ready, put spice and vergiuice into it. And if thou thinke good put therein likewise yolkes of two or three egges beaten, which done, you may dish it and send it to the table.

To make Pies of the Combes of Cockes and Hennes, with their stones, and liuers.

Cut ech combe in three péeces, and the liuers in foure, but leaue the stones whole, then take a little larde, and cut it small, but beat it not, and take three or foure egges with béefe suet well beaten, and it will be better with the marrow of an ore. Then take thirty or forty cherries although they be dry, Sinamon, Ginger, and a good quantity of Sugar, and some cloues, mingle them together, and thereof make a Pie, which done, bake it in an ouen or a frying pan, and being halfe baked, take the yolk of an Egge, Saffron, and Uergiuice, and beat them together, and put them into the Pie. And so let it bake, then send it to the table.

To make fish Pies.

Take the fish and wash it cleane, and cut it with slashes on both sides, then take Pepper and salt and cast it into the cuts, and also into the belly of the fish, then make the past somewhat thicke, and putting the fish into it, sow vp the belly thereof, which done, let it bake sokingly in the ouen till it be throughly baked.

To make Pies that the Birds may be aliue in them, and flie out when it is cut vp.

Make the coffin of a great Pie or pasty, in the bottome whereof make a hole as big as your fist, or bigger if you will, let the sides of the coffin bee somewhat higher then ordinary Pies, which done, put it full of flower and bake it, and being baked, open the hole in the bottome, and take out the flower. Then hauing a Pie of the bignesse of the hole in the bottome of the coffin aforesaid, you shal put it into the coffin, withall put into the said coffin round about the aforesaid Pie as many small liue birds as the empty coffin will hold, besides the Pie aforesaid. And this is to be done at such time as you send the Pie to the table, and set before the guests: where vncouering or cutting vp the lid of the great Pie, all the Birds will flie out, which is to delight and pleasure shew to the company. And because they shall not bee altogether mocked, you shall cut open the small Pie, and in this sort you may make many others, the like you may do with a Tart.

To make the crust of Pie or Tart of Pigeons, Pullets, or Kid.

To make the crust of Pigeons, Pullets, or Kid flesh. First boile your meat a little till it be almost inough, then cut it into small peeces, and fry it in good suet. Then in a pan make

a cruſt of thicke paſt like a Pie cruſt, and put the meat in it, couering it with dry Prunes or Cherries, then take Vergice with a little whote water and butter, and tenne Egges with parſely and Margerum, and beat them altogether with a knife, and then put them in an earthen pot, and ſet it vpon a fire of coales, ſtirring it alwaies with a ſpoone. Then poure this broth vpon the cruſt, and ſet it on the fire, as if it were a Tart, and when you thinke it to bee baked, ſend it to the Table, and make the cruſt ſweet or ſharpe as your maiſter lancieth.

To make a double fried meat of any fleſh, Pigeons or Pullets.

Firſt take thy meat and make it very cleane, then cut it in quarters or in ſmall peeces, and put it into a pan and frie it with ſweet ſuet, ſtirring it with a ſpoone, and when it is almoſt boiled, take out the greateſt part of the ſuet, then take Vergice, three or foure yolkes of egges, a little broth, and good ſpice, and put them into the meat, and let it boile vntill it be almoſt ready. Then take a little parſely ſhred or beaten ſmall and put it in a platter, and ſend it to the Table, ſweet or ſharpe according to your maiſters deſire.

To make Miraus of Spaine.

Firſt take Pigeons, Pullets, or Capons, and dreſſe them as if they were to be roſted, and ſo ſpit them, and when they are halfe roſted, take them off the ſpit, cut them in peeces, which done, put thē into an earthen pot. Then take almonds ſcorched on whote embers, and wipe them cleane, & without more wiping of them ſtampe them in a morter: then take toſted bread with three or foure yolks of egges, and ſtamp them with the almonds, and temper them with a little vineger and broth ſtrained through a cloth, and thē put them into the pipkin with the meat, and ſet them on the coales with good

ſtore

store of spice, especially Cinamon and Saffron, and Sugar ynough, and let it boile for the space of an houre, stirring it with a spoone, and when it is boyled, send it to the table in a faire dish or platter, or els in pottage which is most conuenient.

To dresse a Peacocke with all his feathers.

To dresse a Peacocke with all his feathers, in such sort that when it is ynough it shall seeme to bee alive, and cast fire out of the mouth. You must kill the Peacocke with a feather or quill pricked into her head, or els make her bleed vnder the throat like a Kid, then cleane the skin vnder the breast, that is from the neck vnto the taile, and flea it off, and being fleaed turne the skin of the necke outward neere to his head, and cut the necke, so that his head be fast to the skin, and likewise let his legges hang to the skin, then stuffe it full of some dainty pudding, with spices, and take whole cloues, and stick them in his breast, and so spit him and roll him by a soft fire, and about his necke wrap a wet cloth, that the fire may not drie it ouermuch, still wetting the cloth: and when it is rosted, take it off the spit, and put it into the skinne, then you must haue a certaine yron cunningly made fast to a trencher, which shall goe through the Peacockes feet and not bee seene, that so the Peacocke may stand vpon his feet, with his head vpright, as though hee were alive, and dresse his taile in such manner, that it may be round. If you will haue the Peacocke cast fire at the mouth, take an ounce of Camphora wrapped about with Cotton, and put it in the Peacockes bill with a little Aquauity, or very strong wine, and when you will send it to the table, set fire to the Cotton, and hee will cast fire a good while after. And to make the greater shew, when the Peacocke is rosted, you may gild it with leafe gold, and put the skin vpon the fair gold, which may be spiced very sweet. The like may be done with a Feisant, or any other birds.

To roſt a Kid with Garlike.

Take the Kid and larde it with Garlike very well, and ſtuffe it full of cornes of Garlike well pilled, then take Verjuice, the yolkes of two Egges, and two cornes of Garlike well beaten in a Morter, with a little Pepper, and ſome fat broth, mixe them all together, and ſet it vnder the Kid while it roſteth, and baſt it therewith, and when it is roſted, put it in a diſh with that ſauce: the Kid would bee well roſted, and eaten whote.

To roſt a Kid otherwiſe without Garlike.

Take the Kid and larde it well, then take the Liuer and lights and beat them well together with ſuet, that done, take ſeuen or eight Egges ſodden, and beat them with Parſely, Mint, and a little Sage, and mingle them together, putting thereto Pepper, Saffron, and a few cloues, wherewith you ſhall ſtuffe the Kid, and ſo lay it to the fire, and let it roſt ſokingly, baſting it oft with the foreſaid ſauce, without garlike.

To roſt a Pig.

Firſt let him be ſcalded white and cleane, then cut him in the belly and take out the guts and entralles, and waſh it cleane, then ſhred Garlike very ſmall with larde, grated Cheeſe, Egges, Pepper, and a little Saffron, mixe them together and put them into the Pig, then ſow it vp and ſpit it, but let him roſt ſokingly, & let him be well roſted both outwardly and inwardly, then make a little liquor with vineger, Saffron, and two branches of Roſemary or Sage, and baſt the Pig therewith. The like may be done with Gæſe, Duckes, Crane, Capon, Pullet, and other Birds.

lay in ſalt with a little ſweet ſpice & Cloues mixed together with ỹ iuice of Orenges, Lemmons, or Vergice. Which muſt bee done when the Partridges are whote.

To make Oliues of Veale or other fleſh.

To make Olives of Veale or any other fleſh that is lean, take the legge and cut it in long thin peeces, and beate it well vpon a table with the flat ſide of a knife, then take Salt, Fennell, and Coriander ſeed, and lay them vpon the ſlices or peeces of fleſh, then take Parſely, Margerum and lard, and bruſe them together with ſome ſpice, and ſtraw it vpon the peeces of fleſh, then roule them vp together and preſſe them for the ſpace of an houre, which done, ſpit them and roſt them, not ſuffering them to dry ouermuch.

To make Collopes of Veale.

Take the leane of a legge of Veale, and cut it in ſmall peeces, and beat it with the flat ſide of the knife, then take Salt, and Fennell, or Coriander ſeede, and ſtraw it on the meat, and if time will ſerue, preſſe it for the ſpace of halfe an houre, then broile them vpon a gredyron, turning it often, baſting it with Butter or ſweet Suet to keepe it moiſt: you muſt not broile them dry.

To make Liuerings of Veale or any other yong fleſh.

Take the leaneſt of the legge, and mince it with a little larde and the fat of Veale like Pie meat, then take Parſely and Margerum minced ſmall together with the yolke of an egge, and a little grated cheeſe, according to the quantity you will make, with Spice and Saffron, & mingle all theſe things together with the fleſh: then take the Call of a Hog, Sheepe,

or

To roſt a Pullet.

When thou haſt roſted him well, take the iuice of an Orenge, or elſe Vergice, with Roſewater, Suger, and Sinamon, and lay the Pullet in a diſh with this ſauce, and ſend it to the Table.

To roſt ſmall birds.

Take the Birds and waſh them well, not taking out the guts, then take Vine leaues, and put them in Salt, Fennell, and a little lard, and lap the Birds with that mixture in thoſe vine leaues, and ſet them to roſt (halfe an houre or leſſe, for they are ſone roſted) vnder whote embers. If you will roſt them on a ſpit, tie them foure and foure by the legges and the backes together, that the breaſts may not be bruſed.

To roſt Thruſhes and make ſauce for them.

Roſt the Thruſhes as the manner is, then take fair white Almonds well beaten in a morter, therto put Saunders, that the ſauce may bee red, temper them with a little Verinice, and ſome broth, with good ſtore of Ginger and Sinamon, then ſtraine it into a pipkin, and let it boile about a quarter of an houre, and when it is boiled and put in a diſh with the Thruſhes. You may make another kind of ſauce with iuice of Orenges and Lemmons, Salt, and other ſwet Spices.

To roſt Partridges after the Caſtilian manner.

Take the Partridges and roſt them, and when they are roſted, take them from the ſpit, and cut off the winges, and all the meat of the breſt, and body of the Partridge, which pæces

or other beaſt, ſo it be good, and bind theſe things in the Reſt, making euery peece as big as an egge, then roſt them on the ſpit with a ſoft fire, and not ouermuch.

To make a new diſh called Tomaſcella.

Take the Liuer of a Hogge or other beaſt, and boile them a little, then grate them as you doe cheeſe, and take the panch of a Hogge according to the quantity of the Liuer, and beat it well, then take a little new fatty cheeſe, Margerom, Parſely, Currans, Spice, and Egges, and beat all theſe together with the Liuers, then make them in round balls of the bignes of a Walnut or an Egge, and bind or wrap euery ball in a peece of the Hogs maw or panch, the fry them in a frying pan with ſweet butter or ſuet, but not to dry.

To make Puddings of Hogges or Calues flesh.

Take leane flesh without ſinnewes of the leg, and Hogs ſuet, with the fat of Veale, and mince them as ſmall as you can, then take old Cheeſe, and a little new Cheeſe, Spice, Egges, and Salt as much as is requiſite, mingle them well together with ſome Saffron, then take Hogs guts as many as you will, and make them very cleane, that there bee no fat nor filth in them, and fil them with this mixture, which done, tie them vp and make them long or ſhort as you thinke good, they are vſed to bee ſodden, but they will not laſt good aboue two daies. Yet as time and neceſſity requireth, they may bee kept fiftéene daies or more, if they be wel vſed.

To make good Sauſſeges.

To make good Sauſſeges of Porke or other flesh, take both of the leane and fat together without ſinnew, and mince it very ſmall, if you haue ten pound of flesh, put thereto a pound

of Salt, two ounces of Fennell séed, and two ounces of Pepper grosse beaten, and mingle thē together, and so let it stand the space of one day, thē take guts well washed & made clean, and fill them with the meat, then dry them in the smoke.

To dresse a Calues or Oxe head.

Take the head and scald it with whote water like a Pig, and make it very cleane, then séeth it, and for sauce take garlike, and if you will rost it, you must bake it in an ouen like a Pigge.

To fry a Calues or Hogs braine.

Take the braines and wash them very well, then cast out the water, and breake the braines well, then take Egs, Pepper beaten, and a little Salt, and mixe them with the braine, and so fry it with a little Suet or Butter: and when it begineth to congeale together, put it into a dish, and cast spice upon it: and this would be eaten presently.

To make a Pudding in a Calues maw.

Take the maw and make a hole in the side thereof, and fill it with a mixture made of old Chéese, Egges, a little Saffaron, Currans, Parsely, Margerum, and Mint, wel beaten and mingled together, and being in the maw sow it vp, and séeth it very well.

To know if a Gammon of Bacon be good.

If you will know when a Gammon is good, thrust a knife in the middest of it, and if the knife being pulled out smelleth, it is good: if to ỳ contrary, it is not good. And if you will haue it to keep long, take White wine or Vineger, and as much water, but better without water, and therein boile the gammon of Bacon till it be halfe sod, then take it off the fire, and let it

ſoke in the liquor till it be cold, then take it out, and in this maner it will be good, and continue long.

To ſeeth Tongues.

They would not be ouerfat, but red, and ſod like the Gammon of bacon, but the tongue, the fatter it is the better it will be, and ſhould be better ſod then the Gammon of Bacon, and all ſalt meat would be boiled in this ſort.

To make a broth for a boiled Pullet.

To make broth of Grapes for a boiled Pullet, the Pullet would be boiled with a little ſalt fleſh, and whē it is halfe boiled, take ſoure grapes and cut them in the middeſt, and take the kernels out of them, and boile them, and when they are boiled, take Parſely, Mint, Pepper & Saffron, beaten & minced together, and put them in the diſh with the Pullet and the broth and ſend it to the table.

To make a new diſh after the manner of Rome.

Cut your meat in pæces as big as an egge, then take a little ſalt, and Fennell, or Coriander ſeed, which you ſhal ſtrow vpon the ſaid pæces of meat. which done, preſſe them a little and put them on a ſpit to roſt, and betweene euery pæce ſpit a thinne pæce of larde to kéepe the meat moiſt.

To roſt or ſeeth a Pigeon without bones.

Dreſſe your Pigeons well, and make them very cleane, then let them lie in ſtrong Vineger for the ſpace of foure and twenty houres, which done, waſh them very well, and roſt or boile them as you thinke good, and ſtuffe them full of ſpice and other things, and by this means you ſhal find them without bones.

The second Booke:

Teaching to make all kind of meats, and first to make a white meat of the flesh of Capons or Kids, of twelue sorts.

TAke two pounds of almonds, and blanch them very white, and that they may be the whiter, let them stand a day and a night in fresh water, then stampe them very well, and when they are stamped, put a little water to them, that they be not oile, the take the flesh of the brest of a Capon and stampe it with the Almonds, and take crummes of a white loafe, and soke it in the Capon broth, and beat it with the aforesaid things, then take a little Uerjuice, halfe an ounce of Ginger, and halfe a pound of Suger, and temper them altogether with the Capon broth, a straine it through a cloth into a pipkin, and set it on the embers, far from the fire, still stirring it with a spoone, and let it boile for the space of halfe an hour. and when it is boiled put to it three ounces of Rosewater, then make your messes, or couer the flesh of the Capon or other bird therewith, and send it to the table: and for the better grace or shew, whē you send it to the table, straw it ful of the kernels of a Pomgranet. And if you will haue this meat of two colours, take the yolke of an egge and a little Saffron, and mingle them together with a part of the meat, and make it somewhat sharper of Uerjuice, then the rest of the meate that is cleane white, and in that sort it is called broome flowers: and if you haue two Capons couer the one with the white, and the other with yellow.

To

To make twelue kinds of white meat after the Catalonian manner.

Take a pot ful of Goats milk, and eight ounces of flower of fine Rice, and boile it in the milke, then take the fleth of the breast of a Capon new killed, and let him be halfe boiled, then pull it in small peeces as big as threds, and put it into a morter to beat, but giue it but two stampes, and when the milke hath boiled halfe an hour, put the said Capons flesh into it with a pound of Sugar, and let them boile for the space of halfe an houre or there abouts, and stirre it well as long as it standeth on the fire: and to know when this is boyled, take out thy spoone and it will seeme frothy, then put Rose-water into it as afore said, and dish it, strawing Sugar vpon the, and so send them to the table.

To make white meats after the manner of Catalonia.

Take a pound and a halfe of Almonds well blanched and stamped, which being tempered with the broth of a Pullet and strained, set them to boile in an earthen pipkin, then put into it two ounces of Rice floure first tempered with the Almond milke, which you shall boile for the space of halfe an houre, stirring it with a spoone, then put to it a pound and a halfe of Sugar, and a little of the flesh of a Capons breast wel beaten, which Capons flesh should be soddē with the almond milke as son as it is set set vpon the fire, and when this composition is well sodden, you shall adde thereto a little rosewater, thē dish it, and strawing a little fine sugar vpon it, send it to the Table.

To seeth Rice in flesh or Capons broth.

To make ten dishes of brothes, take a pound of Almonds

well blanched, and a pound of rice, which you shal wash twise or thrise in warm water, then set it on the fire in boiling water and let it séeth, and being boiled, let it stand in the water that it may swell, then stampe the Almonds, wetting them with fresh water, because they shall not bee oily, tempering them with Capons or other broth, then strain them, & set the milke to séeth in an earthen pipkin, putting therto a pound of Sugar, and when they begin to boile put the Rice into them, and let them in a pipkin vpon the coales, not to nére the fire, stirring it with a spoone that it smell not of the smoke. In like manner you may séeth Rice in Goats milke or in other milk: and note that such kinde of brothes doe easily smell of the smoke: Which if it happen, the remedy, first to take the broth out of the pipkin, but loke you touch not the bottome thereof, and put it in another clean pipkin, then take a péece of linnen cloth folded in thrée or foure folds, and wet it in fresh water, then wring out the water and lay the said péece of linnen so doubled vpon the pipkin of broth, and let it stand so for a quarter of an houre, then wet the cloth againe, and put it on if néed be, and by this meanes the sauour of the smoke will be taken away: I neuer found a better way then this to take it away, and it is very good.

To make broth of leane flesh.

Take the leane flesh of a Calfe sodden in water and salt, beat it well and let it boile in fat broth, putting vnto it crums of Whitebread, and a little Pepper and Saffaron, and let it boile halfe an houre, then let it coole a little, that done, take Egges, grated Chéese, Persely, Margerum, Mints, well stamped together with a little Verjuice, then beat them all together with the foresaid flesh, and stirre them with a spoon: this kind of broth would bee thicke, and in this manner you make liuerings.

To

To make a kind meat of guts.

The Guts would be well washed and made very cleane, and then sodden with a bone of Bacon, to giue them a good tast, and without salt because they may be the whiter, when they are boiled cut them into smal pæces, and mixe thē with Parsely, Mint, Sage, salt and Pepper, then again giue them a boyling, and so dilly them, and straw thē with a little Cheese or spice which you thinke good.

To make meat of wheat sodden with broth of flesh, Capon, Hare, or Pigeons.

First take a pound and a halfe of Wheat & wash it clean, then sæth it in broth of Capon, fat Pullet, or other good flesh, and let it boile wel, stirring it with a spoone, and when it is sodden put to it Pepper and yolkes of Egges, and mingle them together, you must make it yellow with Saffron.

To make meat of Turneps.

Make the Turneps cleane and cut them in pæces, then sæth them in fat flesh broth, that done, stamp them and straine them, and so let them sæth againe in fat broth, with a little Bæse or Bacon, with Pepper and Saffron.

To make broth of a Gourd.

Make them cleane as they ought to bee, then sæth them in flesh broth, or else with water alone, adding thereto certaine Onions as you thinke good, and when it is boiled take it out, then either bruse it small or stampe it, and straine it through a Cullander, and then againe set it to sæth in a pipkin with fat broth, and a little Verjuice, and let them bee some what yellow with Saffron, and when they are sod take them off

the fire, and set them to cole, then take yolkes of Eggs according to the quantity, and beat them with a little old chéese, and put them to the said meat, stirring it with a spoone least it smell of the smoke, then dish it and cast spice vpon it.

To make yellow broth.

Take a pound and a half of Almonds vnblanched, & stamp them well, then take the flesh of the breast of a Capon, or other birds rosted or sodden whether you will, with the yolk of Egges, beat them all with the said Almonds, adding vnto them a pound of Sugar, Sinamon, Ginger, and a little Saffron, and temper them with the broth of a Pullet, or other fat broth, and a little Verjuice, and straine them and set them to boile on the coales with a soft fire, that they smell not of the smoke, and stirre it with a spoone, and let it boile for the spare of halfe an houre, and when it is halfe boiled, put into it three or foure ounces of good sweet Butter, and so serue it, with casting spice vpon it.

To make a kind of Leach.

Take the yolkes of foure egges, halfe an ounce of Sinamon, foure ounces of Sugar, two ounces of Rosewater, and foure ounces of the iuice of Orenges, beate all these thinges together, and boile them and make it somewhat yellow, this is common in summer time.

To make a kind of made meat in flesh time.

Take a pound of old chéese, and a little new chéese, and a pound of the belly or panch of a fat Hog, or a Cowes Vdder sod, then take good hearbes well beaten, Pepper, Cloues, and Ginger, adding thereto the flesh of the breast of a Capon wel beaten, and all these thinges being well tempered and mixed together, then make good past, and lap all this in the past, and

make

make them no bigger then halfe a Chestnut, then fry them in Capons grease or other fat broth, and make thé yellow with Saffron, let them not boile aboue the space of thrée Pater nosters, then dish them, and straw them ouer with grated Chéese, mixed with other spices. The like may bee made of Feisants, Partridges, and other Foule.

To make a past or meat of floure.

Temper thy past as afore said, and break it into diuers pé-ces, then set it to dry in the sun, & it will continue two or thrée yeare: when you will séeth it, it must be sodden in flesh broth or broth of a fat Hen for the space of an houre. But if it be not flesh time, séeth them in almond milke or Goats milke with Sugar, and because this milke will not boile as much as this past requireth, boile them first in clean water as Rice is boi-led: your past also should be baked. These past meates would likewise be yellow with Saffron, except when they are boy-led in milke.

To make meat of young Beanes with flesh or otherwise.

Take Beanes and blanch them with whot water like al-monds, then set them to boile, and when they are boiled, put to them a little Parsely, and Mints well beaten, and seeth them with salt Béefe or Bacon, let it be somewhat grén and it is the better. The like may be done with pease and other fruits when they are gréne.

To fry pease with Bacon.

Take the Pease cod and all as they are & boyle them, and take a little Bacon larded with fat, and cut it into Collopes, then fry it a little with the afore said pease, adding thereto a little Verjuice, Sugar, or sirope of Mulberies, and a little

Cinamon. In this soyt alſo are white peaſe fried.

To make meat of Melts with broth of Pullets or other fleſh.

Seeth the melt with fleſh broth, let it boile softly, ſtirring it, and let it not ſmell of the ſmoke, and make it yellow with Saffron, but it would firſt be well waſhed with whote water like Aiſe.

To make a certaine kind of meat of Capers with fleſh.

Take a pound and a halfe of Caper, and boile them vntill they begin to open, then take a pound and a halfe of blanched Almonds well beaten, and put them to the ſaid Capers, beat them well againe with the crums of a white loafe, and temper them with the broth of ſome good meat, then ſtraine it and ſet it to boile vpon a ſoft fire, ſtirring it with a ſpoon, then put into it a pound of Sugar, halfe an ounce of Ginger, Saffron, and Roſewater with good ſpice.

To make meat of floure, and how it is ſodden or dreſſed.

The floure is to bee boiled in good Caponbroth or other fleſh, and it muſt bee put into the broth by little and by little, ſtirring it alwaies with a ſpoone, and boile it the ſpace of halfe an houre vpon the coales with a ſoft fire, that it ſmell not of the ſmoke, then diſh it and caſt cheeſe and ſpice vpon it. In Lent boile it in Almond milke, Sugar, and Roſewater.

To make meat of grated bread.

Boile the grated bread in good broth, then take grated cheeſe and beat it with Egges, and the bread being boiled, let it

it cole, then put the said Egges and chéese in the bread, and mingle it well together, and make it yellow with saffron.

To make a meat of yong Roses.

Boile them in broth, and when they are almost sodden, put to them a little Parsely and Mint small shred, and if the broth be ouerthinne, straine it with a few crummes of bread, and when it is sodden put spice vpon it.

To make meat of Parsely.

Take Parsely rootes, and pull out the string or pith which is within them, and make them very cleane, and boile them very well in flesh broth with Pepper and saffaron, this may likewise be done with oile.

To make meat of Fennell.

The Fennell is sod like Colewoorts, but it would bee cut smaller and shorter, with a little Pepper, Bacon, or oile.

To make meat of Quinces.

Séeth thy Quinces in broth of leane flesh, then stampe them and temper them with Almond milk, made with broth of Pullets or flesh, and if time serue straine them, and put them into a pipkin with sugar, ginger, sinamon, and a little saffron, & set them to boile on a soft fire, because it should not smell of the smoke, and stirre them with a spoone. And it shall be the better if you put a little fresh butter into it, and when they are boiled cast spice vpon them.

To make broth of Bettonie.

Take a few Bettonie leaues, and a little burrage, and put

them to boile in cleane ſæthing water, then take them out and beat them with your knife, then take a little Parſely and Mint, and beat them with the ſaid hearbes, then ſtamp them all in a mozter, and put them in a pipkin of fat bzoth, and let them boile, and if you will you may put a little Pepper to it, this may alſo be ſodden in oile.

To ſeeth Gourdes after the Catalonian faſhion.

Take the iuice of the Gourd and make it very clean, then put it into a pipkin with good larde oz oyle, and ſet the pipkin on the coales vpon a ſoft fire, and make it to boile, ſtirring it with a ſpoone: it ſhould ſæth foz the ſpace of foure houres, then take fat bzoth coloured with ſaffron, & put into the Gourdes, adding thereto ſugar, ſpice, and a little Veriuice according to the taſt. You may alſo put to it a few yolkes of egges beaten together with a little old cheéſe.

To make a Culleſſe of Capon, Feiſant, Partridge, Kid, or wild Pigeon.

Take of theſe Birds and make them very cleane, and if you would ſeeth a Capon til it conſume, and make two diſhes thereof, take a pipkin that holdeth foure pints of water, and bzeaking all the capons bones, put it therein and ſet it on the fire, and withall ſæth a péece of leane Bacon with thirtie oz fozty grains of bzuſed Pepper, a little Cinamon groſſe beaten, a few cloues, thzée, fiue oz ſixe ſage leaues bzoken in thzée péeces, and ſome bayleaues, let it boile in a pipkin, vntill it conſume to the quantity of two oz thzée diſhes of bzoth, and leſſe if you will haue it good, but put no ſalt into it, and if it bee foz a ſicke man, you muſt put no Bacon to, onely a little ſpice, and this is good both foz the ſicke and whole.

To

To make tenne diſhes of broth.

Take twenty yolkes of Egges, good verjuice, fleſh broth, or Capon broth which is better, a little Saffron, and ſome Spice, mingle them together and ſtraine them, then put the into a pipkin, and ſet it on a ſoft fire, ſtirring it with a ſpoone, and when you ſée it ſticke to the ſpoone, take it from the fire, and forget not to ſtirre it, then diſh it, and ſtraw it with ſpice. It ſhould be ſweet with ſugar, or ſharpe with verjuice, as you thinke good.

To make white broth.

Take a pound of Almonds blanch them and ſtampe them in a morter, wherein you ſhall put a little faire water, that they be not oily, then take the white of twenty Egges, a few crummes of white bread, a little Verjuice, ſome broth of fleſh or of a Capon, with a little white Ginger, & beate them altogether, and ſtraine them with the Almonds, then ſéeth it well as I ſaid in the other broth.

To make greene broth.

Take all the things ſet downe in the firſt broth, Saffron excepted and adde to them Bettonie, Parſely, and grén corn if it be to be had, beat all this together, and ſtraine them and then ſéeth them as aforeſaid.

To make a deviſed broth.

Take twelue Egs, and a pound of good chéeſe wel grated, and mingle them together then take a pipkin full of broth of leane meat, coloured with ſaffron, and ſet it on the fire, and when it beginneth to boile, put theſe things into it, and ſtirre it with a ſpoone, and when it beginneth to bee thicke take it from the fire, and put ſpice vpon it.

To make white pottage.

Take Almonds stamped in a morter, and straine them with broth, then take grated white bread, and the white of Egges, and put it into a pipkin, stirring it often, and then dresse it as I said before.

To make greene meat.

Doe as I said before, Saffron excepted, adding that which is aforesaid of the greene broth.

To make greene, yellow, or other coloured meat in little peeces or morsels.

To make meat in small péeces or morsels, of gréen or yellow, make them as aforesaid according to the colour you wil haue, but somewhat harder, then take a little spoon, and with it make the meat into morsels as big as a Beane, and when the broth beginneth to séeth, put one by one into the broth, and being dished, straw spice or sugar on thē which you will.

To make a deuised meat after the Romane manner.

Take white floure, and make paste of it somewhat thicker then a pancake, and roule it about a staffe, then take out the staffe, then cut the past in péeces of the length of thy little finger, whereby they will bee hollow like a pudding and round or close, then séeth them in fat broth or in water as time serueth, but the broth or water must boile when you put them in. And if you séeth them in water put a little swéet Butter and salt in it, and when they are sod, dish them with Chéese, Butter, and spices.

The

The Italian Banquet.

The ſame another way.

Make the paſt as before, and ſeeth them with the broth or water aforeſaid, but make the paſte ſomewhat thicker and cut it ſmal, and then they are called Trite, you may cut them alſo into greater peeces, and ſeeth them in the ſame manner.

To make golden ſops.

Cut ſlices of white bread without cruſt, and make them ſquare, and toſt them a little before the fire, then take Egges very well beaten with a ſpoone and a little Roſe-water, and then put the ſaid ſlices to ſoke therin, then take them out and fry them in a fryingpan with a little Butter, turning them very oft for feare of burning, then put them in a diſh, and caſt a little roſewater on them coloured yellow with ſaffron and ſugar, and ſo ſend them to the Table.

To make a fried meat of Turneps.

Roſt the Turneps in the embers, or elſe ſeeth them whole, then cut or ſlice them in peeces as thicke as halfe the haft of a knife, which done, take cheeſe and cut it in the ſame forme and quantity, but ſomewhat thinner, then take Sugar, Pepper, and other ſpices mingled together, and put them in a pan vnder the peeces of cheeſe, as if you would make a cruſt vnder the cheeſe, and on the top of them likewiſe, and ouer it you ſhall lay the peeces of Turneps, couering them ouer with the ſpices aforeſaid, and plenty of good Butter, and ſo you ſhall doe with the ſaid cheeſe and Turneps till the pan bee full, letting them fry the ſpace of a quarter of an houre, or more, like a Tart, and this would be one of your laſt diſhes.

The third Booke:

Shewing how to dreſſe fiſh, hearbs, and many other things in Lent time.

To make tenne meſſe of white meat in Lent.

TAke a pound and a halfe of blanched Almonds and ſtampe them, and the crums of a white loafe ſteeped in broth of white peaſe. If you haue no peaſe broth, you may ſeeth ỹ bread in water for the ſpace of halfe an houre, making it ſoft, thẽ take ſome good ſea fiſh or Pike (taken out of the riuer) ſodden, then take halfe a pound of the white meat of the fiſh, and ſtampe it with the Almonds, ſodden bread, a litle broth, and the iuice of Orenges, if you haue no Orenges take Veriuice, with ſome Roſewater, and halfe a pound of cleane white Ginger, and halfe a pound of ſugar, all theſe tempered together and ſtrained, you ſhall ſet them to ſeeth in a pipkin with a ſoft fire for the ſpace of halfe a quarter of an houre, and let it not ſmell of the ſmoke, but ſtirre it often.

To ſeeth Rice pottage in Lent.

Take a pound of blanched Almonds, and a pound of rice waſhed twiſe or thriſe in lukewarme water, and ſet them on the fire in cleare water, make it ſeeth as is aforeſaid in the ſecond chapter of meat made of Rice, but you ſhal not ſeeth it with fleſh broth.

To

To make eight messes of Almond broth.

Take two pound of blanched Almonds, and stampe them well and temper them with cold water, because they shal not be oily, put to them the crummes of a white loafe, then strain them and set them to boile in a pipkin vpon the coales, and let it boile for halfe a quarter of an houre, putting into them a pound of fine sugar. This Almond broth would bee somewhat liquid by adding a little Rosewater to it, and it will bee so much the better, and so send it to the Table.

To make broth of Hempe-seed.

You shal follow the order aforesaid, only that you shal not vse flesh broth, but fish or pease broth.

To make broth of pease.

You may seeth pease likewise with Almond milk in Lent time as aforesaid.

To fry pease.

Take Pease in the huskes and boile them, then take good oyle, and fry it a little, wherein you shal put the pease and fry them in it, adding verjuice, new wine, or sugar.

To make portage of Beanes.

Take Beanes a little broken, make them very cleane and set them on the fire, and when the water boileth cast it away, and put more water that it may bee higher then the Beanes by two fingers, then casting in some salt, set them to seeth vpon the coales on a soft fire, couering them, and let them boile well: that done, dry them, and stampe them in a

moyter, then boile them againe in a pipkin with good oyle, and let them seeth well, but burne them not, then take a little sage and figges, or apples cut small, and put it into the Oyle with Onyons, and so fry them, then dish them and put some of the oyle and other mixtures vpon them with good spices.

To fry Beanes in a pan.

Take Beanes, Sage, Onions, and Figges as aforesaied, with other good hearbes, and mingle them together, then frie them in a frying pan with oyle, and make it like a pancake, and when it is baked take it out, and cast spice vpon it.

To make ten messes of good broth made of red Pease or Cicers.

Take two pound of pease and wash them in whote water, and put them into a pipkin, first drying them: put to them an ounce of floure, oyle, salt, Pepper, and a little Sinamon well beaten, stirre all with a spoone. Then put to them three quarts of water or moze, with a little Sage, Rosemary, and Parsely rootes, and let them boile together till it bee consumed to the quantity of tenne messes, and when it is almost boiled, adde to it a little moze oile, but if you make it for a sick person, you shall put neither oyle nor spice into it.

To make a deuised meat of Almonds.

Take two pound of Almonds and stampe them well, tempering them with cold water least they bee oily, then take crummes of white bread and soke it in verjuice, then take the Almonds, crummes of Bread, iuice of Orenges, and Rose water, and temper all together, adding an ounce of sinamon and a pound of fine sugar, and straine all this together, making it yellow with saffron. And set it to boile in a pipkin vpon coales with a soft fire, and let it not take smoke, stirring

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it often with a ſpoone, and ſo let it boile for the ſpace of halfe a quarter of an houre.

To make ten meſſe of a compound broth.

Firſt take two pound of Almonds ſtamped with a few elder floures, and temper them with freſh water, then ſtraine them, and when they are ſtrained, put them in a pipkin to ſæth: then take a quart of raw milk, and put into it thræe ounces of Dill, and crummes of white bread, this you ſhall beate togither with a pound of ſugar, and ſet it to ſæth, & when it beginneth to boile, you ſhall mingle them with the other compound, but ſtirre it not, and when it is mired & wareth thick, then diſh it, ſtrawing ſpice vpon it.

To make twelue meſſes of portage of elder flowers.

Take two pound of Almonds and ſtampe them as afore ſaid, then take foure ounces of dry elder floures, and let them ſoke in clean water for the ſpace of an houre, then wring thē out of the water, and ſtampe them with the Almonds, adding to it the crummes of a white loafe, and a pound of ſugar. And if you will haue them yellow caſt ſaffron in them, then ſtrain it and ſet it to ſæth as afore ſaid, and being on the fire, caſt ſome of the ſaid flowers whole vpon it, and when it is boyled, ſpice it well. If you will make this broth in fleſh time, you muſt adde yolkes of egges with fat broth of a Pullet or other good broth, and ſtraine it with ſugar and other ſpices, and the floures of elders as afore ſaid, and being halfe boiled, put into it thræe ounces of ſweet butter.

To make meat of Egges beaten, which ſhall ſhew like peaſe.

Sæth your Egges a little, then take them out of the broth

and to make the broth somewhat thicke, take the crummes of a white loafe and ſtraine it through the water, or elſe take the broth of Peaſe it ſelfe if you can get it, for it is better, and in any of theſe two brothes you ſhall ſeeth your egges again, with ſome ſpice, ſaffron, parſely and Mint minced very ſmal.

To make a deuiſed diſh of meat or broth, of hearbes and Almonds.

Take hearbes and boyle them, but let the water boile before you put them in, then take them out and lay them on a Table or a trencher, and cut them ſmall with a knife, then beat them in a morter, and then boile them in almond milke, adding ſugar vnto it.

To make a diſh of hearbes without milke.

Boile your hearbes as aforeſaid, and with ſome fat or lean broth as time ſerueth, make your diſhes as you thinke good.

To dreſſe Gourds with Almond milke or with other milke.

Seeth the Gourdes in water, then preſſe the water out of them and ſtraine them, then ſeeth them with almond milke or other milke, with ſugar, and a little veriuice as you thinke good.

To fry Gourdes or Pompeons.

Take Gourdes and make them very cleane, then cut them in thinne peeces, and let them boile one waume, then take them out and dry them and ſalt them, rouling them in flour, that done, fry them in good oile, the take them off the fire, and take a little Garlike and crummes of bread and ſtampe them together with a little Veriuice, then ſtraine it, and put this

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ſauce vpon the Gourds, it will be good if you put nothing but Veriuice, Fennell ſæd, and a little baſill: and if you will haue it yellow, caſt ſaffron into it.

To make pottage of Lettuce which ſhall ſeeme to be Gourd.

Take the white & inward part of Lettuce, which is in the middle of them, and ſæth them with onyons, Veriuice, pepper, and ſaffron, if you will make it in fleſh time boile them in fleſh broth as is aforeſaid with egges and veriuice.

To make pottage of Coleworts after the manner of Rome.

Open the Coleworts, and cut the leaues as it is vſually done, and boile them in water, and when they are halfe boyled, take them out and caſt that water away, & put the Coleworts into a quantity of oyle, firſt letting them dry, and being in the oyle ſtirre them with a ſpoone: then take fiſh broth and boile them in it as much as you think good, but if you will ſæth them in fleſh time, boile them in fleſh broth with ſalt fleſh or bacan, for they would be fat.

To dreſſe muſhromes.

Make the Muſhromes very cleane, and ſæth them with two or three heads of Garlike, and crummes of bread, & this is done becauſe naturally they are venomous, thē take them vp, and let the water runne out of them vntil they be dry, thē fry them in oyle, and when they are fried, caſt pepper and other ſpices on them, in fleſh time fry them as aforeſaied. You may dreſſe them another way, make them very cleane, then ſet them on the fire, putting to them larde and Garlike beaten together, with pepper, you may likewiſe dreſſe thē with oyle, you may fry them alſo in a frying pan like a pancake.

To make a kind of boiled meat or ſauce to eat vvith fiſh.

Take Almonds and Currans according to the quantit y of the fiſh, with nuts, and ſtampe them together, and ſtraine them if you think good, then take pepper & other ſpices, a few cloues, Ueriuice, and ſaffron, and boile them together, then fry your fiſh with good oyle, and then put the foreſaid things vpon it, and when it is fried caſt a good quantity of Sinamon vpō it, this meat is beſt cold: you may take fat broth without veriuice, and it will be good.

To make all kind of ſauce, and firſt of vvhite ſauce.

Take what quantity of almonds you think good blanched, & ſtamp them, & becauſe they ſhal be oily, temper thē with cold water, thē take crums of white bread, according to the quantity you will make, and let it ſoke in veriuice, then ſtampe it with the Almonds, with ſome white Ginger, then ſtraine it with Ueriuice, or the iuice of Orenges or Lemmonds, and make it ſweet or ſoure as you think good, this ſauce will ſerue for all boiled meat in fleſh time, and like wiſe to fiſh.

Another ſauce.

Take Currans and ſtampe them in a morter, then take toſted bread ſteeped in Red wine, according to the quantity you will haue, and ſtampe them together, then take a little Red wine, Ueriuice, with other baſtard wine, or with Uineger if you will not haue veriuice, & ſtraine it, making it ſweet or ſolper as you think good, and put to it ſinamon, cloues, and Nutmegs.

Another ſauce.

Take the yolke of Egges almoſt hard, Chickins or Hens

liuers,

liuers, sodden & scorched, Almonds according to the quantity you will haue, beat them in a morter, & temper thē with vergice or vineger, then straine them, adding Sinamon, Ginger and Sugar: this sauce would be a little boyled, and coloured with saffron.

To make sauce of dry proins.

Take Proines and steep them in Clarret wine, then take out the stones, and stampe them with a few blanched Almonds, and a tosse of bread soked in the wine wherein the Proines were steeped, stampe all this together, tempering them with a little verjuice and other bastard wine, or Sugar which is better, then straine them, and put spice vnto them, specially Sinamon.

If you vvill make greene sauce looke in the chapter before, vvhere it is set downe, follovv the order therein prescribed.

Take Parsely, wild Time, and Mint, with other good hearbes, adding to them Salt, Pepper, and Ginger, beate them together, and temper it with strong Vineger, then straine them: and if you will haue it tast of Garlike, beate some heads of Garlike with it, as much as you thinke good.

To make a sauce called Perfico.

Take blanched Almonds well stamped with crummes of White bread, and a little Ginger, Sinamon, Verjuice, Clarret wine, the iuice of Pomgrancts, and a little Sanders, temper them together and straine them with a little Red wine, and then make it sweet or soure as you will.

To make ſauce called the floures of broome.

Take Almonds, Saffron, and yolkes of Egges, and let the Almonds be blanched and beaten as they ſhould be, then temper them with verivice, adding Ginger well beaten.

To make ſauce of grapes.

Take blacke grapes and bruſe thē in a morter with ſome bread, according to the quantity you will haue, then temper them with a little Verivice or Vineger, becauſe the grapes ſhould not be too ſwēt, then ſeeth them for the ſpace of halfe an houre with Sinamon, Ginger, and other ſpice.

To make ſauce of mulberies.

Take blanched Almonds well beaten with crummes of bread, then take the Mulberies and mire them together, but not in a morter leaſt you breake the ſmall grain or ſeed within the Mulbery, then put to it Sinamon and Nutmeg, and ſtraine them all.

To make ſauce of red or blacke Cherries.

Vſe them as you did the grapes, but you may make it differ by ſeething it more or leſſe according to the quantity.

To make ſauce of Barberies.

To make this ſauce, follow the order preſcribed in ỹ ſauce made of Cherries and grapes.

To make iuice of Barberies to keepe all the Winter.

Take ripe Barbaries, and with thy hand bruſe them into

a pipkin or other vessell and to them put new verjuice, Pepper and salt plenty, and boile them for the space of two hours or more, and then strain it, and keep it in a vessell, it would be well salted, & this will be good iuice to colour any other sauce that you will make.

To make mustard.

Take mustard séed & let it soke for the space of two daies, and change the water often, that it may be the whiter, then take blanched Almonds stamped in a morter, and when they are stamped put the mustard séed to them and stamp them together, adding verjuice or vineger, with crummes of white bread, and being tempered together, straine them and make it sharpe as you thinke good.

To make mustard after the manner of Padoa.

Take mustard séede and beate it very small, then take Grapes well stamped, adding to it a tost of white bread, a little Sanders, Sinamon, verjuice or vineger, & bastard wine, temper this together and straine it. Made by maister Antonie Trombone.

To make mustard vvhich may be carried in Bals.

Beat the mustard séed as aforesaid, then take grapes well stamped, adding thereto Sinamon and Cloues, then make what fashion bals you will round or square, and set them on a table to dry, and being dry, you may carry them whether you will. And when you will vse them, temper them with a little verjuice, vineger, sodden wine, or Bastard wine.

To make a skie colour sauce in summer.

Take wild mulberies which grow in the Hedges, and a

few ſtamped Almonds with a little Ginger, temper all this with Uerjuice and ſtraine it.

To make yellow ſauce.

Take bread cut in ſlices and toſt it, then take red Wine, a little vineger and ſodden wine, put the bread into it, and let it ſæth, then ſtraine it and put ſpice into it, and colour it with ſaffron.

To make good garlike ſauce.

Take blanched Almonds well ſtamped, and being halfe beaten, put as much Garlike to them as you thinke good, and ſtampe them together, tempering them with water leaſt it bee oiley, then take crummes of white bread what quantity you will, and ſoke it either in leane broth of fleſh or fiſh as time ſerueth: this ſauce you may kæpe & uſe with all meats, fat or leane as you thinke good.

To make garlike ſauce in grape or Cherry time.

You muſt follow the order preſcribed in the chapter afore, only that you muſt adde no broth, but take black grapes, and bruſe them well with thy hands into a pipkin or other veſſell, then let them boyle for halfe an houre, and ſtraine them, and mix this iuice with your garlike: it may be uſed in fleſh time.

To make greene Veriuice.

Take grapes and ſorrell, or Veriuice, and ſtampe them with a little ſalt, you muſt haue a little old Veriuice, wherewith you may temper and ſtraine it.

To make veriuice of Fennel-ſeed.

Take Garlike if you will, and Fennel-ſeed the beſt you

can

can get, beat and boyle them together, adding thereto annis ſéed, with new Verjuice, and with this verjuice you ſhal temper and ſtraine it, and let it be ſomewhat ſalt.

To make ſauce of yong Roſes.

The Roſes would be ſomewhat gréene and not ouer ripe, and when you haue ſtamped them very well by themſelues, ſtampe them once again with a head of Garlike if you think good.

The fourth Booke:

Shewing how to dreſſe all kind of Fiſh.

IN this Treatiſe it is generally to bee noted, that all fiſh either to be ſodden or fried, muſt firſt haue the ſcales taken off and cut on the outſide, then opened and the guts taken out and clean waſhed: but the fiſh which you will roſt would not be ſcaled, ſcraped, opened, nor the guts taken out, but well waſhed and opened, ſalt fiſh excepted, which would bee opened and the inwards taken out, likewiſe you muſt take out the guts of maids or Thornebackes by the gils with a forke or ſtring, the which is faſtened vnto a gut within, which muſt be taken out either ſeething or broiling it.

To dreſſe a Carpe.

Firſt make good pickle, ſuch as commonly is made for ſalt fiſh or ſouſed fiſh, then take the Carpe and put it into the pickle, and let it ſtand two daies, then fry him in oyle, and ſo you may keepe it twenty daies or a month, and then fry him againe and againe as you think good, and the more and the oftener it is fried, the more it loſeth of his ſubſtance, and are the worſe: And therefore this way is onely to make him continue long, and if they be great ſeeth them, if ſmall fry them, but take heed there bee none of the bone left in the head, for it is venemous.

To dreſſe Sturgion.

If you will haue it good and in perfection, let it not bee too new, but let it mortifie for a time, then take white Wine or Vineger mixed with water, as much of the one as of ẏ other, and ſalt as much as ſufficeth, wherin you ſhall ſeeth it as long as you vſe to ſeeth veale or Mutton, according to the quantity, & cut it into great peeces ſuch as may not eaſily breake but ſeeth whole, for all fiſh is better whole then in peeces. The ſauce would be white, mixed with Ginger, very white Garlike or Muſtard as time ſerueth, or mens appetites require, which you ſhall make as aforeſaid in ẏ inſtruction for ſauces.

To dreſſe a Latus or Shadow fiſh.

It is dreſſed like Sturgion, onely it requireth not ſo long ſeething, and ſhall haue the like ſauce.

To dreſſe a Sangris or rooth fiſh.

It is beſt ſodden, but it muſt bee freſh, you need not put ſo much wine to it, but vineger, becauſe it bindeth and maketh fiſh continue the longer, giuing it a better taſt.

To

To dreſſe a Baſe.

Séeth this fiſh as afoꝛeſaid, but if it waieth leſſe then four oꝛ fiue pound fry it in good oile, oꝛ bꝛoile it on a gredyꝛon, but remember as afoꝛeſaid that when you fry it, it muſt neither bee ſcraped noꝛ opened, and you muſt make a kind of liquoꝛ with vineger, oyle, and Salt, and with a Roſemary bꝛanch, baſt it therewith vpon the gredyꝛon, turning it often and let it bꝛoile very wel and leiſurely, foꝛ all fiſh would be wel bꝛoiled oꝛ ſodden, otherwiſe it is vnholeſome.

To dreſſe a glaucus or *corbo groſſo* fiſh.

Séeth it as afoꝛeſaid, but if it it way but four oꝛ fiue pounds fry it in oyle oꝛ bꝛoyle it on a gredyꝛon with ſcraping oꝛ opening it: foꝛ ſauce take gréene ſauce ſauoꝛing of Garlike, and Ginger, if you will you may eat it with muſtard.

To dreſſe a Gilthead or gilden pole.

If it be great hoyle it, and ſeaſon it well, if it bee little fry it oꝛ roſt it.

To dreſſe a Burt or Turbut.

Séeth it becauſe it is very looſe and bꝛittle, and will eaſily fall in péeces, but if you will kéepe it frō bꝛeaking put it in a ſmall baſket, oꝛ lay it on a trencher, that you may take it out whole, it muſt be ſodden with great leiſure, and all fiſh would bee ſodden with diſcretion, foꝛ ſome fiſhes are hard and moꝛe ſolid then others, and theꝛefoꝛe they muſt be ſod accoꝛding to their quality, but generally all fiſh would bee very wel ſodden and with leiſure.

To make ſauce of vine branches.

Take vine bꝛanches and ſtampe them, and if you will you

may adde a few Garlike leaues, with crummes of white bread, according to the quantity you wil make, and salt: this done, temper them together with Vineger or Verjuice, and then straine it.

To dresse a Dab.

It must be fried, then cast ouer it a little Salt and iuice of Orenges or Verjuice, with Parsely chopped very small.

To dresse a Palmira, vvhich is a kind of Tonny.

Séeth it like a Sturgion, and giue it the like sauce, being little it would be fried, for it cannot bee rosted because it hath no scales, and if you wil fry it cut it in round slices halfe a finger thicke, and fry it well, putting to it good store of the iuice of Orenges, with spices and a little Parsely if you think good.

To dresse a Treglie a kind of Barble.

It would be well rosted and not opened, but washed and often basted with the liquor aforesaid, and if you will kéepe it eight or tenne daies, lay two or thrée one vpon the other in a platter, with as much liquor on them as may couer them, and so you may kéepe them long.

To dresse a Goldstrike.

It is good both sodden and rosted or fried if it bee great or little as you thinke good: the sauce is greene sauce.

To dresse a Sapony another kind of Goldstrike.

It would of nature bee fried, all the guts first being taken out, for it hath many, and when you will rost it take out his entrailes and make as little a hole as you can.

To

To dreſſe Smelts.

Boyle them, for of themſelues they are better that way then any other.

To dreſſe a ſcorpion of the ſea.

If it be great it would be ſodden: if little, fried.

To dreſſe a ſea Breame.

They are better fried or roſted then ſodden.

To dreſſe a ſea Trout.

It is good roſted or ſodden as you will.

To dreſſe a kind of Sturgion called Moreca, or a ſea ſerpent.

Firſt flea it with whote water, and caſt away the head and taile, and fry it well: and for ſauce vſe greene ſauce with Garlike.

To dreſſe Macarell.

They will be fried, & yet they are good ſodden with Pepper and Parſely.

To dreſſe a Mulet.

This fiſh of nature would be roſted, but if he be very great ſeeth it, and the ſauce to the roſted is the liquor aforeſaid, and Fennell-ſeed, and to the boyled white ſauce.

To dreſſe a Plaice.

It would be boiled with a little parſely, and it is alſo good fried, putting on it the iuice of Orenges.

To dreſſe a Beſano an Italian fiſh.

Boyle it in wine, or Vineger and water, of ech a like, and for ſauce take Garlike, but this courſe fiſh is fitter for labouring men then men of any quality.

To dreſſe a Dogfiſh.

It would be ſodden as aforeſaid, & then with ſtrong garlike and a little muſtard, fry it in a pan, but dreſſe it in what ſort you will, it will neuer bee good as being naturally of no good taſte.

To dreſſe Eeles.

A great Eele would be roſted, being firſt ſlead and made clean, and then cut in great péeces of a handfull long or leſſe, and when you ſpit it, betwéene ech péece put a ſage or a Bay leafe, and turn the ſpit very ſoftly, and baſt it with the pickle ſpoken of before, and when it is almoſt roſted, crum it with bread mixed with a little Sinamon & Salt, which will make it haue a little cruſt, that giueth them a good taſt: you may ſæth ſmall Eeles in Water, Wine, Hearbes, and Spices as aforeſaid.

To dreſſe a Mochie, an Italian fiſh.

It would be ſodden like a Creuiſh of the riuer, and ſhould be eaten with vineger.

To dreſſe a Sea Creuiſh.

Sæth it likewiſe with Fennell, and eat it with Vineger.

To dreſſe Oyſters.

They are to bee roſted on the coales, and when they open they are inough, you may take them alſo out of the ſhell, and fry them in oile, and eat them with vineger and Pepper.

To dreſſe Lampernes.

It will be fried with the iuice of an Orenge.

To dreſſe a ſhad or Pilchare.

It is good roſted, but firſt pull out entrailes and guts, and eat it with grén ſauce, it is alſo good ſodden, but then it muſt haue white ſauce.

To dreſſe Muskels or Cockles.

Take a frying pan and ſet them ouer the fire, and when they open they are ready, and as you ſée them open, put in a little Veriuice, Pepper and Parſely ſhred ſmall, and turne them in the panne. You may roſt them on a hote yron vpon the coales, and when they open they are roſted. But they would be kept a day & a night in ſalt water before you dreſſe them, that the ſand within them may bée gotten out.

To dreſſe a Whiting.

Séeth them and eat them with white muſtard.

To dreſſe a Pike.

Take out the guts and if it be great ſéeth it, but ſcrape him not vntill he be ſodden, the ſauce is white ſauce, Garlike, and muſtard, but if he bée a little one, fry it, it may bee broyled on the gredyron, and ſtuffed with good hearbes and Currans.

To dreſſe a Barble.

Vſe it as you will, but it is not thought to be fiſh, and the Spawne is dangerous to be eaten, and chiefly in May.

To dreſſe a Grayling.

This is excellent good fiſh, dreſſe it as you will, for it is good euery way, but it is beſt boyled.

To dreſſe *Corario marino*, a kind of ſea Breame.

Roſt it as you doe an Eele, with ſage or bay leaues betwixt euery péece.

To dreſſe a Creuiſſe.

Boyle them in water and vineger with much ſalt, becauſe they themſelues yéeld much water, therfore put not too much liquor to them, and let them ſéeth wel vntil they yéeld a great ſkim. And when they are boiled in that maner twiſe or thrice they are inough, but proue them firſt leaſt you be deceiued.

To make Creuiſſes full of compound meat.

Dreſſe them as aforeſaid, and open their belly cunningly with a knife betwixt their legges, and take out all the meate out of their bellies, tailes and féet, which done, ſtamp it with Almonds, Currans, and yolkes of Egges, according to the quantity you will make with ſome chéeſe, Perſely, and Margerum, ſtamped ſmall together, and with this compound fill the Creuiſhes again, & ſéeth them again in good oyle, as ſoftly as you may: if it bee Lent adde no Egges nor Chéeſe. And if you wil fill them with variety, take Almonds ſtamped with Sugar and roſewater, and fill the fét with one kind, and the other parts with another kind of meat.

To dreſſe the fiſh called the Lion of the ſea.

Stop their mouthes and the hole which they haue vnder their tailes with cotton, becauſe their ſweetneſſe may not run out, and put them dry in an ouen to bake leiſurely, or lay them vpon the hearth well heated & ſwept, making a fire of coales round about them, but not too neere becauſe they may bee the better roſted and the ſoner, and turne them oft leaſt they burne. And if you will you may ſeeth them in water and vineger like Creuiſſes, but let them ſeeth ſomewhat more as you ſee cauſe, for they are harder and bigger then other creuiſſes, and for ſauce take vineger.

To ſeeth the Horne-beeke or Pipe fiſh.

Stop their holes and dreſſe them likewiſe as aforeſaid.

To dreſſe a Breame.

Dreſſe it as you will, but it is little eſteemed.

To dreſſe a Carpe.

If they be great boyle them, you may alſo take them and fry them being ſmall.

To dreſſe Salmon.

Salmon is an excellent fiſh, and ſhould ordinarily be ſodden, yet it is good any other way.

To dreſſe Mugilis, in Italian *Laſche*.

They ſhould be ſoftly fried leaſt they burne, and eat them with greene ſauce or Verjuice.

To dreſſe a kind of Hering, in Italian *Lattacini*.

You muſt fry thē, & eat them with greēn ſauce or verjuice.

To dreſſe *Ruvoglioni*, an Italian fiſh.

Fry them alſo, and giue them the ſame ſauce.

To dreſſe *Bachie Coſalze*, an Italian fiſh.

His nature is to be fried or ſodden, it is alſo good roſted.

To dreſſe a Turdus.

If it be great boyle it, if little fry it, and for ſauce take muſtard.

To

To dreſſe *Agoni* diuers waies, an Italian fiſh.

They are good ſodden with Parſely, Butter, Spice, they are good alſo fried with the iuice of Orenges and Ueriuice mingled with oyle.

To dreſſe a Cuttle fiſh.

This fiſh is of no account, & therefore dreſſe it as you will.

To dreſſe Crabs.

Do as I haue ſaid of creuiſſe, and eat them with vineger.

To dreſſe a Pearch.

If it be great take out the guts and ſæth it, but ſcrape it not, if it be freſh ſæth it in cleane water and Wineger, and when it is ſodden take off the ſcales, but if it be little ſcrape it and dreſſe it in oyle, it is good fried being baſted with liquor as aforeſaid.

To dreſſe a Tench three waies.

Tenches are good three manner of waies, firſt ſodden if they bee well growen, and for ſauce you may make a little broth with Ueriuice, Spice, and Parſely chopped very ſmal with the broth of the ſame Tench. The ſecond is to cut and cleaue it in the backe foorn the head to the taile, and if it bee great you ſhall firſt ſcrape it, and when bee is clouen cut the rige bone on both ſides and ſæth the Spawne, fat, and liuer thereof, and if the Tench haue none, the Spawne, fat or liuer of another fiſh will ſerue, then take Parſely and margerum, and other ſweet herbes, and brat them all together with the liuer, Spawne and fat, putting to it a little Garlike chopped ſmall with ſome Pepper, Saffron, Salt, & a little oile, as alſo Proines, Cherries, Currans, or the kernels of a Pine Apple, and yolks of Egs as time ſerueth, al this tempered together you ſhall put vpon the Tench on the outſide, then ſow it vp with a needle and thread, or elſe tie and bind about with a packthred, ſo that the compoſitions may not ran foorth, then lay it on the gredyron with ſoft fire vnder it that it may roſt at leiſure, and make a liquor with Wineger, Oyle, Salt, Saf-

tron and Pepper, and a little broken wine, and as you turne it, bast it well with this liquor. The third way is, that if the Tench bee small, scrape it well and cut it open at the backe, and cast salt upon him, then throw flower upon all sides, and fry it in oyle, and for sauce take the juice of orenges or verjuice.

To dresse a great Trout.

Make it very cleane and cut it overthwart in round péeces of the bignesse of your hand, and lay every péece flat by it self in the Chaldron or pan wherein you will seeth them, putting good store of salt into the pan upon them, this done, pour water so easily unto them that it washeth not away the salt lying upon them, with as much vineger, as that the liquor may be three fingers aboue the fish, and so let it boyle, skimming it very well: and when it hath left skimming, abate the fire under it, that it may boyle softly til it be ynough, then take it out and lay it upon a drie cleane table, casting spice upon it. To this Trout you may vse white sauce with Ginger. When it is little make it cleane, and cut slices on both sides, and into the cuts put salt, then presse it betwixt two trenchers, laying some waight upon it, and so let it rest for the space of two or three houres, then cast floure on it and fry it leisurely in good oyle, and so you may keepe it three or foure daies if you will.

To dresse a Lamprey.

Lay it to soke in hote water, and scrape off the slime, but breake not the skin, and take out the tongue and téeth, and in the bottome of his belly you must make a little hole, wherein put the end of your finger, and with a knife or pricke of wood, you shall take out the gut or string, and pull it out with a cloth softly that it be not broken: For the Lamprey hath no euil thing in it, but only his string. For sauce you must keepe the blood, for it is the right sauce, in the mouth you shall put halfe a nutmeg, and in ech hole which he hath about his head

you

you shall sticke a Cloue, and so roule it in a ring and put it in an earthen vessell, wherein you must put halfe an ounce of good Oyle, a little Verjuice, a little White wine the best you can get, making as much of the liquor as will couer more then halfe the Lampzey, then cast a little salt vpon it, and so bake it leisurely vpon the coales like a Tarte. When it beginneth to bake, open the holes with a knife, and with a trencher presse it downe so hard, that the blood may come foorth, which you must mingle with the other things. And if you thinke good you may easily take out the blood before you set it on the fire. And for sauce take Almonds or Nuts, vnblanched but put them vnder the whote embers, then pill them and stampe them with a few Currans and a peece of tosted bread tempered with Verjuice and broken wine, with a little of the wine or liquor aforesaid, wherein the Lampzey is sodden, and when all this is strained put to it some Ginger, Cloues, and Sinamon. Also if you take out the blood before it is sodden, you must mingle it with those forsaid things, which you shall seeth with the Lampzey vntill it be well sodden, and then you shall roule it with the sauce, and laying it in a dish send it to the table.

You may dresse it another way vpon a spit.

When it is rosting set a dish vnder it to receiue the blood, fat, and liquor that commeth out of it, which is the best of the substance, then you may make ỹ sauce aforesaid for it, wherewith you may fry it in.

When they be little they should be broiled.

They should bee broiled vpon a gredyron at leisure, with sauce of the iuice of Orenges and broken wine, if you will haue no Orenges take Verjuice, Salt, Oyle, and Spice. And when they are broyling bast them with the said sauce, and when they are broiled, put of the same sauce vpon them, and send them to the Table.

To dreſſe an Inkehorne fiſh, in Latine *Loligo*.

The leſſe they bee the better they are, waſh them very clean and ſtuffe them as you do the Tench being turned out, and if you can deuiſe a better ſtuffing you may, then fry them in oyle, and put the iuice of Orenges vpon them with ſpices. You may ſeeth the great fiſhes, cutting them in peeces like ſlices of Veale or Beefe, and boile them in broth with Parſely ſhred ſmal and Spices. If they be great, you may dreſſe them another way. Firſt waſh him in white Wine & a little verſuice, with this kind of waſhing you may get out the blacke iuice whereof the ſauce is made, then take Almonds roſted vnder the embers according to the quantity, and ſtamp them in a morter with toſted bread, and ſo temper it with the matter aforeſaid, then ſtraine it and boyle it, putting thereto Sinamon, Ginger, and a few Cloues. And when it is fried you ſhall put this ſauce vpon it.

To ſeeth, fry, and broile a Pike or any other fiſh all at one time.

Take a great fiſh and pull out the guts, and make it very cleane, then bind a third part of it towards the head with a wet cloth, for that part that ſhould bee ſodden muſt bee couered, then goe to the taile and ſcrape it to the quantity of a third part and cut it on both ſides like a fried fiſh, and then begin to fry this part of the taile in ſuch ſort that you ſpoile or touch not the reſt of this fiſh, this being done, you muſt haue a thinne bord of the bigneſſe of the middle of the fiſh, vpon the which you ſhal bind the ſaid fiſh ſo ſoftly that it breaketh not, then ſeeth that part of the fiſh which is bound with the cloth that is the head, and let not the broth touch any more of the fiſh then that which is wrapped in the cloth, and when this part is well boyled, take it out and loſe it ſoftly from the bord that it breake not. Then lay it on a gredyron vpon the coales

with fire only vnder the middle part which is not sodden nor fried, and let it touch no part else, and that the fire may not hurt the fried and boyled part of the fish, you must take two square stones made for the purpose, and put them vnder the gredyron, and lay the coales betwixt them, and in broyling the fish bast it with the liquor aforesaid, which is fit for broyled fish, and when it is ready take it from the fire, and vntie the cloth that is wrapped about the head, and making it cleane you shall send it to the Table. If you will you may make three kind of sauces, for it is fit for sodden, fried, & broyled fish.

To dresse *Schinale* an Italian fish.

Cut it crosselwaies of the bignesse of halfe a finger or there about, and make it very cleane round about, then broile it on a gredyron and turn it often, and bast it continually with oile and vineger mingled together, as much of the one as of the other, but it would not be much rosted nor very dry. And whē you think that the fire hath perched it and changed the colour thereof round about it is rosted, then send it to the Table. To know when it is broiled cut it, and if it bee red within it is ynough, but loke it be not ouerstale.

To dresse a kind of meat of the spawne of Sturgions, called Chauiale.

Take bread and tost it vntill it begin to chaunge colour, and cut some of the spawne in peces as great as the quantity of the bread, but somewhat thinner, and lay it vpon the bread, then sticke the tosts vpon a knifes point or some other thing, and hold them to the fire vntill the spawne ware hard and somewhat change colour. You may doe it another way by washing the spawne of the Sturgion in warme water, that it be not too salt, then take hearbs chopped with ỹ crums of white bread grated, and Onyons minced small, and fried with a little pepper and a dish of water, then mingle all these

things together with the Spawne, and it will be like a Pancake, and so frie it like a Tansie of Egges. And to prepare this Chaviale you must take the Spawnes of Sturgions when the Sturgion is best in season, and take out the sinews that are in them, then wash them with white Wineger, and let them dry vpon a Table, then put them into some vessell, and salt them with discretion, and stir them with your hand but very warily that you breake them not, that done, take a linnen bag somewhat thinne, and put the Chaviale into it for a day and a night, that the salt water may run out, then put them into some vessell or other, and presse them very well with thy hands, making three or foure little holes in the bottome of the vessell, by the which the moisture may issue out, and being well strained, keepe the vessell very close. And then may eat of them at your pleasure.

To dresse Trouts in manner of Carpes.

Take the Trout very clean, taking out the guts, pricking it in many places with the point of a knife. Then make a pickle with water and Wineger of equal quantity, with good store of salt, wherein you shall put the Trout for the space of almost halfe a day, then take it out and presse it two or three times on a Table for the space of halfe an houre, then frie it very well in good oyle, but burne it not. In this sort you may keepe it for the space of a month, and then frie it againe if you will.

To make Botarge, a kind of Italian meat.

Take the Spawnes of Cefano or Mugno that are fresh and in season, and breake not the skin that is about them, and salt them with fine dry salt with discretion, & so let them lie for a day and a night covered in Salt, then take them out and drie them in the smoke, but let them hang so far from the fire that the colour bee not hurt. And being thus dried for to keep, you must put them in a wodden barrell filled with bran:

they

they are commonly eaten raw, but if you will haue them otherwise, you must roſt them in the embers, or vpon the white hearth, turning them till they be white.

To dreſſe a Tonny.

Take Water and Vineger, and let the Tonny lie in it for two or three houres to take out the Salt, then ſet it to boyle ſoftly, which done, take it out and make it cleane, and ſouce it in vineger, the fatter it is, the better: & the lafter, the worſe.

To dreſſe a Tonny another way, changing your water.

Lay it to ſoke in warme water twiſe or thriſe, then boile it two or three waumes, and being boiled take it vp and ſouce it in vineger, being well waſhed it may bee eaten raw, if a man will.

To dreſſe a ſalt Eele.

Flay it & cut it in peeces of a handfull long, and ſeeth it for the ſpace of halfe an houre, then caſt out that water, and put it in other cleane cold water, and let it boyle againe till it be wel boyled, ſo take it out & eat it with Vineger and Parſely.

To dreſſe a Trout and all freſhwater fiſh, that hath been ſalted.

Let them ſtand in warme water for the ſpace of foure or fiue houres as they are in quantity, the like muſt you doe with all other fiſh. And note that of all fiſhes the greateſt are beſt, as the Prouerbe ſaith, Old fiſh, yong fleſh.

To make Tarts in Lent and firſt of Creuiſſes.

Take Creuiſſes and ſeeth them, then take out all their

meat and stampe it in a morter, and take good Almond milke strained with Rosewater, and if you haue it not, take good pease broth, and stamp these things with a few smal Reasons and Figges, adding a few more small Reasons, Parsely, Margerum, and Bettonie, first fried in oile, and stirred with a knife, then put to it Ginger, Sinamon, and Sugar. This composition would bee stamped in a morter, and to make it thicken like milke, put a little flower into it, stirring them together, or the Spawnes of a Pike stamped and strayned, which bind, and make a crust like other Tarts, and being baked, straw it with Sugar and Rosewater.

To make Tarts of Eeles.

Flay the Eeles, and cut them in peeces of two fingers long, and seeth them, but not too much, then make Almond milke very white and faire, and straine it with Uerjuice and Rosewater, and let the milke bee thicke, and stampe also a few Currans and dry Figges, then take Spinage broken in peeces and fry it in oile, with a little parsely, broken and beaten small, and an ounce of small Reasons, an ounce of the Kernels of Pine Apples, with Ginger, Sinamon, Pepper, and a little Saffron, according to the quantity you will make, temper and mire all this composition well together. Then put the crust into a frying pan, and in it put your composition and then the Eeles, and so couer them againe with the composition till all the stuffe bee wasted, then couer it with paste and bake it leisurely with fire both ouer and vnder it, and when it is halfe baked take a little Uerjuice, Rosewater, and Sugar, and pricking holes in the lid put it into the Tart, and so let it stand vntill it be baked.

To make Tartes of Dates, Almonds, and other things.

Take two pounds of blanched Almonds, and stamp them with

with fish broth and a little Rose water, then straine it and let it be somwhat thick, then take halfe a pound of clean Dates, a fewe Currans, and dried Figges, and beat all in a morter, then take a little Spinage, Parsely and Margerum, and frie them all in oyle & stir it with a knife, adding to these hearbs certaine fat liuers and good fish beaten therewith, then take twe ounces of the kernels of Pine apples very cleane, which you shall kæpe to straw and sticke vpon the Tart when it is made, and put it in the crust, then take Reasons of the sunne, and a pound of Sugar, Sinamon, Ginger, and a little Saffron, and mingling all this together, you must temper it with one ounce of fine flower and a few Spawnes of a Pike, and mixe it with the other composition aforesaid, and make the crust or paste as aforesaid, and so let it bake at leisure, strawing Sugar and Rosewater vpon it, you must not make it to thicke.

To make a Tart of Rice.

Take two pounds of blanched Almonds well stamped with a little Rosewater and Rice broth when it is almost sodden, and temper Almonds therewith and straine it, then take a pound of Rice and beate and temper it well with the Almonds, then put to it two ounces of white leauened dow, a little flower or else a few Spawnes of a Pike, and straine it as aforesaid with a pound of Sugar, and an ounce of the kernels of Pine apples broken in a morter but not stamped, and when it is halfe baked put a fine thin couer or lid vpon it, and being full baked, straw it with Sugar and Rosewater, but let it not be to drie baked.

To make a Tart of red garden pease.

Séeth red Garden Pease, and being sodden, stampe them and temper them with their broth and a little Rosewater, then straine them, and take blanched Almonds according to the quantity you will make, and stampe them, but they must

not bee ſtrained, and with them ſtampe three ounces of Currans and ſome dry Figges, and two ounces of Pine kernels not too much beaten, adding therennto Sugar, Roſe water, Sinamon and Ginger, mingle all this together and thicken it with flower and the ſpawne of a Pike, and ſo bake him with a cruſt, and when it is almoſt baked, ſtraw it with Sugar and Roſewater, and let it dry vpon it. This Tart would not be thicke.

To make a Tart of the liuer of fiſhes, and of the fiſh it ſelfe.

Séeth the fiſh with the Liuers, then take ſodden Peaſe and ſtamp and ſtrain them, and likewiſe ſtampe the fiſh, and the liuers, taking out all the bones, and if you can get the Spawne of a Trout or Tench, it will bée good to ſtamp with them, then take Parſely and Margerum, and choppe it very ſmall, and ſtampe it in a morter with Sugar, Sinamon and Ginger as much as ſufficeth, mingle all theſe together with Roſe water, and let it bake ſoftly, & when it is baked, obſerue the order aforeſaid. You may make all theſe kind of Tarts of diuers colours and ſeuerall meates in one pan as time ſerueth, deuiding them into quarters, or otherwiſe as you think good.

To make Marchpanes.

Blanch thy Almonds and ſtampe them very ſmall, but ſtraine them not, and to make the Almonds whiter, of better taſt, and ſwéeter, you muſt lay them for the ſpace of a day and a night in faire water, that they may blanch of themſelues betwéene your fingers, and ſtamping them you ſhall put in Roſe water that they bee not oiley, and if you make a very good Marchpane, put as much fine Sugar in it as there are Almonds in equall weight, with an ounce or two of Roſe-water, thē temper them together, then take Wafers or dow mixed with ſugar and temper it with Roſe water, then knead

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it and lay the compoſition vpon it, & in ſpreading it on ſprinkle it with Roſewater, then ſtraw it with fine Sugar ſmall beaten, and diſperce it with a ſpoone, ſo bake him in an ouen very ſoftly, and let it not burne neither bee ouerdrie, and it would not be thicke.

To make an Italian meat called *Caliſcioni*.

Take Marchpane ſtuffe or ſuch as is ſpoken of in other places, prepare the paſte, Sugar, and Roſewater, then fill it with the ſtuffe, and if you haue a mould print it therewith to make it the fairer, thē bake it in a pan or ouen like a Marchpane, but burne it not.

To make Curds of Almonds in Lent.

Take blanched Almonds and ſtampe them with Roſewater, then with two ounces of Sugar, ten ounces of Roſewater, and halfe a pint of Pike or Tench broth, (for the broth of other ſea or freſh water fiſh is not good, and let not the broth be very ſalt but ſomewhat thicke) temper them together, and ſtraine it ſo hard that there remaine no part of the ſubſtance of the Almonds in the ſtrayner, let this Curd ſtand for the ſpace of one night, and put it in a diſh or other veſſell, and in the morning you ſhall find it curdy like curds of Pike. And if you will you may put them into gréene leaues or other hearbes like Chéeſe curds, or let it ſtand in the diſh, ſtrawing it with Sugar or Annyſéed Comfigs, you may adde thereto a little flower becauſe it bindeth.

To counterfet Lenten Cheeſe Curds.

Take a pound of blanched Almonds and ſtampe them as afore ſaid, then take four ounces of Sugar, an ounce of Roſewater, and a glaſſe full of fiſh broth as afore ſaid, and of the ſame fiſhes broth: then temper them together & ſtrain them

thicke, then forme them and send them to the Table in a dish or vpon a plate, strawing it with Sugar and Annyseed comfets.

To counterfeit Butter.

Take a pound of blanched Almonds as aforesaid, & stamp them and straine them with halfe a glasse of Rosewater, and to make them curdy put a little flower or half a glasse of Pike or Tench broth, with four ounces of Sugar and a little Saffron to make it yellow, straining it thick, then make it in fashion of a dish of butter, and set it all night to thicken against morning in a cold place.

To counterfeit Egges.

Take Almonds and blanch them well and stampe them, tempering them with Rosewater that they bee not oiley, adding some Pike broth that is fat, and strain them like milke, then take halfe a pound of clean Rice according to the quantity you will make, which seeth in halfe the milke made of the Almonds: take also three ounces of the best & whitest flower that may bee gotten, and dissolue it in the other halfe of the milke, then let it boyle for the space of halfe a quarter of an houre, stirring it with a spoon, and let it not tast of the smoke: this done, take the Rice aforesaid and all the milk, and strain it hard with your hand, for the thicker the better, and forget not to adde good store of Sugar, then take a quantity or part of the said composition as much as you think good, which you shall make yellow with Saffron, and thereof make round Bals like the yolks of Egges, then take two wooden moulds in forme of Egges, and if you haue no moulds in stead thereof take the made yolkes of Egges, compassing them about with the white composition, making them round like egges, and so lay them in the dish, and they will shew like hard Egs without shels, & tempering a little of that white stuffe with Rosewater and Sugar, whote or cold as you think good, they

will

will shew like curds. And if you will vse them dry cast none of that liquor vpon them, but in stead thereof cast Sugar beaten small.

To make Tartes of Chestnuts.

Seeth the Chestnuts and stampe and straine them with milke, adding all the other compositions for the Tarts aforesaid, and make it yellow with Saffron.

To make Tarts in flesh time, and first to make a white Tarte.

Take two pounds of good new Chéese and cut it smal, and then stampe it, then take fiftéene or sixtéene whites of egges, and temper and mixe them with the Chéese, putting thereto a pound of Sugar, halfe a pound of faire white Ginger, halfe a pound of sweet Butter, and some milke as much as will suffice, then make your paste and let it be somewhat thin, and let it bake with a soft fire both vnder and ouer it, and let him bee somewhat browne, and when hee is baked straw Sugar and Rosewater vpon it.

To make a greene Tarte after the manner of Bolognia.

Take as much Chéese as aforesaid, and grate it somwhat great, then take Parsely, Margerum, and other good hearbes chopped very small and mixe them with the Chéese, & stamp them in a morter, adding thereto Egges, Pepper, and a little Saffron with sweet butter, then make a crust for it and bake it. And when it is halfe baked, colour it ouer with the yolke of an Egge and a little Saffron, and when the vpper crust riseth it is baked, then take him from the fire.

To make a Herboletta of hearbes in the month of May.

Take as much new chéese as aforesaid and stampe it, then take fiftéene or sixtéene Egges and some milke, good store of Bettonie, Margerum, Sage, Mint, and a little Parsely, stampe these hearbes very well and wring out the iuice and straining it, you must put it into the Chéese and other things aforesaid, with halfe a pound of Butter, halfe a pound of Ginger, and ten ounces of Sugar, and mixe all these together and set them on the fire in a pipkin not ouer whote, and stirre it with a spoone vntill it begin to thicken like pottage: that done, hauing made paste you shall put the composition into it, and set it to bake in a pan with a soft fire, both vnder and ouer it. And when it is well baked, take it out and straw fine Sugar and Rosewater vpon it. This kinde of Tarte is best when it is gréenest.

To make Tart of Pompeons.

Take Pompeons and make them cleane and grate them as you doe Chéese, and boile them a little in broth or in milk, then take as much new Chéese as aforesaid, adde to it also a little old Chéese, take also a pound of the panch of a Hogge, or a Cowes Vdder well sodden and chopped small, and if you will you may vse Butter in stead of those two thinges aforesaid, or Suet, adding vnto it halfe a pound of Sugar, a little Saffron and Sinamon with a quart of milk, and Egges, as néed requireth. And when you thinke the Pompeons are sodden take them vp and straine them, and colour it with a little Saffron, then making a crust of past vnder it, put it in a pan, and make a soft fire both vnder and ouer it, and being halfe baked, couer it with Wafers or such like stuffe in stead of an vpper crust, and being thorow baked, straw it with Sugar and Rosewater.

To

To make Tartes of Peares, Turneps, and Quinces.

You may also as time serueth, make Tartes of Turneps and Peares, first rosting them in the embers, or with broken or sweet wine, so you may doe with Quinces, cutting them in quarters or peeces, making them clean, and boiling them: & if you will you may rost them in the embers, for so they will be better, then straine them, and adde such things to them as are aforesaid.

To make a kind of meat called *Migliacio*.

If you will make Migliacio, for foure or fiue persons, you shall stampe two pounds of new Cheese so new as in a manner it shall be ready to turne to milke againe, then take foure ounces of fine flower, eight or ten whites of Egs, and halfe a pound of Sugar, mingling all this together, and if you haue not floure take crummes of white Bread grated very small, and vse it in stead of flower, and take a pan without past, and put Butter into it about two fingers thicke, and let it stand on the coales vntill the Butter be melted, then put the composition into it with a reasonable fire both vnder and ouer it, and when it is baked take it out and straw Sugar and Rose-water vpon it.

To make Tartes of Elder flowers.

Take the floures without kernels, and wash them cleane with some of their branches, mixe them with the substance spoken of before for a white Tarte, but it would bee somewhat thicker because the flowers would bee well seperated, whereby they may lie both aboue and below, and in the middle of the Tart.

To make Tartes of the small greene thrids that wind about vine branches.

Take these Thrids about the vines and boile and choppe them with a knife, and the like may bee done with the red, then take good new Cheese and a Cowes udder well sodden, and stamp them together, and if you will in stead of ꝑ Cowes Udder you may vse Suet or Butter, adding thereto Ginger, Sinamon, and a good quantity of Sugar, put this into a frying or baking pan, with paste both vnder and above, & when it is almost baked, pricke the vpper crust full of holes: being baked, straw Sugar and Rosewater vpon it.

To make Tartes of red Cherries.

Take the reddest Cherries that may bee gotten, take out the stones and stampe them in a morter, then take red Roses chopped with a knife with a little new Cheese and some old Cheese well stamped with Sinamon, Ginger, Pepper, and Sugar, and all this mixed together, adde thereunto some egs according to the quantity you will make, and with a crust of paste bake it in a pan, and being baked straw it with Sugar and Rosewater.

To make a fat Tarte with Rice.

Wash the Rice well and make it cleane and boyle it in fat broth, and being boyled, take it out and dry it, then take a little new Cheese stamped with Egges, Sugar, and Rosewater according to the quantity you will make, and if you will you may adde a little milke, and this being mixed together bake it in a pan, and observe the order prescribed for white Tarts, but it must haue lesse Cheese then the other aforesaid.

To

To make a Tarte of Wheat floure.

Make cleane the wheat and ſæth it in fat broth, then take it out as you did the Rice, and take a pound of new Chéese, and halfe a pound of old Chéese grated and ſtamped together with a Cowes Vder or Swines Panch, ſodden almoſt to ſuet and minced with a knife, with Spice, Sugar, and egs, according vnto the quantity you wil make, with a little Saffron, mingle all this together, and then make an vnder cruſt of paſte and bake it, and when he is almoſt baked, couer him with the like couer ý you vſe for the Pompeons or Gourds.

To make a Tarte of meale.

Take ſtamped meale very white and cleane, and ſæth it in Goats milke or Cowes milke, and ſæth it thick, then take a little fine floure and the whites of two Egges according to the quantity you wil make, and temper them with the meale ſtirring it with a ſpoon, then let it boile a little more, putting in Sugar and ſtirring it, and when this compoſition is made ſpread it vpon a trencher or other thing, and let it cole, and when you thinke good cut it in ſmall or great pæces as you will, then fry them in a pan with Butter, turning them vntill they bee browne, and then diſh them, and put Sugar and Roſewater vpon them. The like you may do in Lent by putting Almond milke in ſtead of other milke, and frie them in oyle.

To make a Tarte of Veale, Kid, or Capon.

Take which of theſe meates you will both leane and fat, and boyle them, taking out all the ſinewes, then mince it and ſtampe it in a morter, then take a little new and old Chéese, Parſely, and Margerum, chopping them ſmall, and twelue or fiftéene Egs, with a Cowes Vder wel ſodden, or a Hogs

paſte well ſtamped, with Pepper, Saffron, Sinamon and Ginger, and bake it like other Tartes.

To make a common Tarte.

Take good Cheéſe, Egs, Butter, Currans, Ginger, Sinamon and Pepper, with a litle grated bread, with fat broth, coloured with Saffron, then vſe it as other Tarts.

To make Tartes or Pies with broth.

Make a thicke cruſt of what dignelle you will, then take Pullets and Pigeons parboyled, cut them in quarters, and ech quarter into two or thréé péeces, then take blanched Almonds ſtamped, yolkes of Egges, Saffron, fat broth, and a little Verjuice, and dry that cruſt or paſte like vnto other Pies, and make the ſides high, then fill it full of floure and couer it with a lid, and let it bake till it bee ſtiffe, then cut open the lid and take out the flower, and then fill the Pie with the broth and meat aforeſaid, let it taſt well of Ginger and Pepper, and bake it in an ouen like other Pies.

To make Gealies of fleſh or fiſh, and of diuers colours in one platter.

If you will haue white Gealy, take good white Wineger or old Verjuice, and twice as much water, then take Sheéps féet or Kids féet ſlaien and made very cleane, eſpecially about the houfes, and cut them and take out the hairs in the middle, and waſh them well in cold water, thē boyle them in the mixture of Wineger and water, boyling them as ſoftly as you can, and with it boyle Ginger cut into ſmall péeces, & whole graines of Paradiſe, and when the féet are indifferently boyled take them vp, and let the broth ſéeth a little when they are out: then take the whites of ten Egges more or leſſe according to the quantity you will make, obſeruing the order in

ſtraining

straining, clearing, and doing all other thinges else, which I will hereafter set downe in Gealy made of flesh: and make ready the dishes with Capons, Pullets, or other things, vpon which you will put this Gealie, and lay it finely on them, setting the dishes in a cold fresh place because it may thicken the better, then take out a good peece or a quarter of that gealie in the pot and set it on the fire in a pipkin vntill it be well melted, and that you see it returne to the forme againe, then take a little Saffron and make it yellow: and when it is cold, take of the foresaid broth or some other thing made for the purpose, but let it not be whote when you put it in again, this being well ordered and hardened, take out another peece, and make it red with Carnels as I saied of Saffron, and so take out another peece to make green with wheat, or barly blades when they are yoong, and Parsely well stamped and strayned, and vse it as the other two colours. Also you may make a sanguine colour with Carriots rosted in the embers, and being rosted, make cleane the outside with a knife which is sanguine, and put in the bottome of the bag or strainer, out of the which the compound or decoction is strained, and as often as you receiue it out, you shall put it vpon the white broth well heated, obseruing the like order in all the other colours aforesaid, and place it in order with the other colours, you may make more colours if you will in the same manner.

To make a Gealie of Creuisses which shall seeme aliue.

Take Creuisses in their shels, and lay them to soke in Vineger, then take of the substance aforesaid, and put it to them.

To make another faire Gealie.

Take forty Sheepes feet, and flea them, and take out the bones and haire, then lay them to soke in fresh water for the space of three or foure houres, then wash them, and then take

some what more then a quart of Vineger, as much White wine, and twice as much water, and seeth the feete therein, with salt to it as much as is conuenient, and skim them wel, and when they are halfe boyled, take a quarter of a pound of whole Pepper, as much long Pepper, and the like quantity of graines of Paradise, with a quarter of a pound of whole Sinamon, halfe a quarter of a pound of Spiknard & Cloues, beat them all very grossely all together, but not too much, and boyle them with the feet, and let them boyle till they bee consumed to a third part, and when the feet are well boyled, take them out and let the broth seeth on the fire, and putting into it the whites of tenne Egges beaten together till they turne to a froth, and stirre it in the broth with a spoon, and then letting it boyle one waume, straine it twice or thrice through a woollen cloth with all the composition: let it be well strayned, and let the mixture remaine in the cloth, and the oftener it is strained the better and clearer it is: then prepare your flesh of Pullets, Capon, Kid, or Veale very well sodden, pulling off the skins that it may bee faire and white, and so dry it betweene two linnen clothes, then dish it and lay the Gealie vpon it, and set them in a cold place that it may harden and congeale.

To make Gealy of fish.

Take Water, Wine, and Vineger, and that it may continue long, take but a little water, and good store of Spice as aforesaid, the best fish for this purpose is Tench and Pike, and the greater the better. these fishes should be opened but not scraped, very fresh, and sodden in a little broth, onely as much as will couer them. because the broth may be the stronger, and when you thinke the fish is well sodden, take it out and flay it and then lay it aside, but seeth the skinne a little in the broth, and when it is well sod straine it, obseruing the order aforesaid in Gealie of flesh, aswell in making it yellow as in all other thinges. And you may in like sort put any sea fish sodden and cut in quarters into this Gealie.

To

To make Gealie in a little basket.

Prepare the decoction in good order, then take a new basket and put the Capon, Pullet, or other flesh into it, that you would put in Gealie as in a platter, you must likewise haue another vessell ready wherein you may put the basket, putting the foresaid decoction vpon it, and set it in a cold place to congeale, and when it is well congealed take a whote knife, and raise the Gealie round about within the basket that it may easily come out, and make cleane the vessel with a cloth in euery place, and so you may carry this Gealy whether you will. The like you may do in Lent, putting whole fish into it, which shall seeme aline, and it will be very faire.

To make Fritters of Cheese, Egges, and Elder flowers.

Take new and a little old Cheese and stampe them well, putting to it a little fine flower, and White of Egges according to the quantity you will make, with a little Pike and good store of Sugar, stamp them all together, then take it out of the morter, and put Elder flowers as your discretion serueth, neither beaten nor stamped. This composition would not bee too soft nor liquid, that it may bee wrought with the hand in any forme you will, then frie them in good Suet, butter, or Oyle, and send them whote to the Table.

To make Fritters of the white of Egges, and of flower and Cheese.

Obserue the order aforesaid, only not putting therto milk nor Elderflowers.

To make fritters of Creame and Curds.

Take the Curds and hauing cut them, straine out the water or whay, and that which remaineth in the strainer mingle it with fine flower, white of Egges, Sugar and Rosewater, according to the quantity you will make, it would not be too much congealed, & make them great or little with a spoone as you thinke good, and frie them in suet or good Butter.

To make fritters of Sage and Bay-leaues.

Take a little fine flower and temper it with Egges, Sugar, Sinamon, Pepper, and a little Saffron to make it yellow, and take whole sage leaues and roule them in this composition one by one, and frie them in Butter or Suet. Do the like with Bayleaues, and in Lent frie them in oyle without Egges and Suet.

To make fritters of Apples.

Pare them and seeth them, or rost them, and take out the coares and stampe them, putting to them a little fine flower and a little leauen and frie them in good Oyle, you may cut them also into small peeces, and take out the coare, and make the composition aforesaid in the last chapter of Sage & Bayleaues.

To make fritters of Almonds, with the brawne or flesh of a Henne.

Take Almonds and stampe them with Rosewater and a little milke and straine them, then take the brawne or flesh of the brest of a Pullet, boyle it and stampe it apart from the Almonds, then take a little flower and whites of Egges according to the quantity you will make, and a little Sugar, mingle all this together, and make your fritters in what

quantity

quantity you will, and frie them in Suet or Butter, and let them not be ouermuch baked.

To frie Cheese in a pan.

Take Chéese which is not too old nor too salt, and cut it into small square péeces or in what sort you will, & take a pan, in the bottome whereof put some Butter or Suet, and holding it ouer the fire, put the said péeces of Chéese into it, and when it is soft, turne it, and cast Sugar and Sinamon vpon it and send it presently to the Table: it is to bee eaten whote after meate. You may dresse it another way, that is, make tosts of bread, and when they are tosted lay them in the pan, and on euery tost a péece of Chéese of the same greatnesse, but somewhat thinner, then couer the pan and heat it vntill the Chéese curd, then cast Sugar, Sinamon and Ginger vpon them.

To make Pancakes in Lent, and first of Elder floures.

Take Almonds and stampe them, or else Pine apple kernels, and straine them with Rosewater and Pease broth, then take a little leauen, floures of Elders, and some flower, and temper them together, and this would bee made ouer night against morning, and so they will be the lighter: in the morning put good store of Sugar on them, and make them in in what forme you will, and fry them in Oyle.

To make fritters of bitter hearbes.

Take fine flower and a little leauen, and temper it with the hearbes chopped smal, and Currans, and then frie them, this composition would not be too tender, fry thē in Oyle, and cast Sugar and Honny on them.

To make fritters of Rice.

Séeth the Rice well, and when it is sod drie it vpon a Table, and if you will not haue it whole you may stamp it, then take Almonds and stampe and straine them, with a little of the same Rice broth, and let this Almond milk be very thick, then take a little fine flower and Sugar, and mingling it all together, frie them in good Oyle in what fashion you will.

To make fritters of Figges.

Take a few Almonds and pine kernels, as many as you will and stampe them, let them bee very white, adding thereunto two drie Figges and Currans with Spice, and if this stuffe be too thick put a little Rose water to it, then take Figs and make a hole in ech Figge hard by the stalke, and fil them with this stuffe, then frie them in oyle and cast Sugar on thē.

To make fritters of Fish.

Séeth the fish and stampe the whitest part thereof, then take Almonds well stamped and strained, and a little fine floure with Sugar and Sinamon, and temper all this with a little common water, then frie it in oyle in what forme you will.

To make fritters like fishes.

Blanch thy Almonds and take meat of fish without bones and stampe them together with Currans, Sugar, Parsely and Pargerum chopped small with good Spice and Saffron, then haue in a readinesse a fine paste, and making it in what forme you wil you may fill them with this composition, then frie them in oile: they make likewise be baked dry in a frying pan, and when they are baked, they will shew like fishes.

To

To make them another way.

Stampe Almonds and temper them with Rosewater and Sugar, then take flower tempered with common water and good store of Sugar, this being made in past, make what forme of fish you will deuise: also you may bake them dry in a pan like a Tarte.

To make fritters in another sort.

You shall make a composition like the aforesaid Almonds, flower, and Sugar, and thereof make thy fritters.

To make another sort.

Take Almonds blanched, Pine kernels, or Nuts, or any of them, stampe them wel with Currans or Figges, putting to them the meat or liuers of fishes, with Parsely, Margerum, and good Spices, and make it yellow with Saffron, then forme them and frie them with oyle.

To make fritters of Rice like little Pies.

Seeth the Rice and stamp your Almonds and strain them as thicke as you can, with a little Rosewater, and mire the Rice well with the Almonds, and with Sugar, Sinamon, and a little flower, and make it in forme of Pies and fry them in oyle.

To make fritters full of wind, or puft fritters.

Take fine flower, water, Salt, and Sugar, and make a fine soft past and roule it on a Table very thinne, and cut it into small peeces and frie it in oyle, and take heed they be not knotty, and they will puffe vp and seeme to bee full, and yet

there is nothing in them, and cast Honny vpon them.

To make them in another manner.

Make your paste like that I spake of before, to make fritters of curds and Creame, then take Fennell when it is blowne, and if you will, mire it and all the stuffe together: or breake euery branch by it selfe one by one, and roule them in the said stuffe, and frie them in oyle.

To frie *Pistinachie* Nuts.

Make them very clean and take out the hard matter within them, then seeth them, and when they are sod roule them in flower, and frie them in oyle.

To dresse Egges all manner of waies, and first to make a Pancake.

First you shall beat the Egs together with a little milke and water to make them tender, and a little grated Cheese, and then frie them in good Butter that they may bee the fatter, & to make them good, they would not be turned nor much baked, and so send it to the Table.

To make a greene Pancake.

Take the things aforesaid, and adde thereto the iuice of Bettonie, Parsely, good store of burrage, Mints, Margerum, Sage a little, and straine this iuice through a cloth, and so make the Pancake.

To make another Pancake of hearbes.

Take the foresaid hearbes, and cutting them small, frie them in Butter or Oyle, mingling them with Egges and other

other thinges aforesaid, then make the Pancake and frie it well, and let it be thicke but not ouerbaked.

To dresse Egges another way.

Put oyle in the pan, and breake new laid Egges in it, and frie them softly, and as they frie stirre them, and when they congeale and ware thicke and white, they are fried, but frie them not to drie.

To poche Egges.

Let the water be whote, and breake new laied Egges into it, and when they are thicke, take them out because they may be tender, then put Sugar, Rosewater, and a little iuice of Orenges or Ueriuice on them, or if you will, throw grated Cheese and spice vpon them.

To poche them in milke or wine.

Doe as aforesaid, onely that you shall straw no Cheese on them.

To dresse and fill Egges.

Seeth new Egs in water vntill they be hard, then pele them and cut them in the middle, and take out the yolks, and doe not breake the white, and stamp some part of those yolks with a few Currans, Parsely, Margerum and Mint, chopped very small, with two or three whites of Egs, with what spice you thinke good. And when they are mired together colour it with Saffron, and fill the Egges therewith, and frie them in oyle: and for sauce take a fewe of those yolkes which remaine vnstamped with a few Currans, and stampe them well together, and temper them with a little Uerjuice, and straine them, putting thereto Sugar, Cloues, and good store of Sinamon, let this sauce boyle a little, and when you will send the Egges to the Table, put this sauce vpon them.

To roſt Egges vpon a gredyron.

Beat two or three new laied Egges together, and heat an empty frying pan very well, and put theſe beaten Egges into it, and let them ſpread about the frying pan as thinne as paper, and when they are baked, cut them in foure peeces and lay them on the gredyron, and breake ouer them as many new Egges as will lie vpon them, and make a ſoft fire both vnder and ouer them like a Tart, and ſtraw them with Sugar and Sinamon, and when the Egges are thick, take them of the gredyron in that maner, and ſend them to the Table.

To roſt Egges on a ſpit.

Heat your ſpit very whote, and tie the Egges longwaies or otherwiſe vpon it, and roſt them like meat, and when they are roſted take out the meat and ſend them to the Table.

To frie Egges.

Put good Butter in the Pan and heat it a little, then take the yolkes of Egges and frie them, with Sugar and Sinamon, and make a moderate fire as to a Tarte, then put the iuice of Orenges or Roſewater vpon them.

To roſt them in whote embers.

Put them into the whote embers, turning them oft on euery ſide, and when they ſweat they are roſted.

To ſeeth Egges with the ſhell.

Put them in cold water, and make it boyle a Pater noſter while, and then take them out.

To

The Italian Banquet.

To dresse them after the manner of Florence.

Take new laid Egges, and breake them one by one in a pan, and let the yole be very whole, and as soone as you haue put them into the yole, stirre them together with a spoone or some other thing, and make them as round as may bee, and turne them oft vntill they change colour, and yet let them not be hard within, nor ouerbaked, but rather soft & tender.

Another kind of dressing them.

Take whole Egges and lay them into the embers, then strike them with a small sticke vntill they breake, and so let them rost, and when they are rosted, take them out and cast a little Wineger and Parsely vpon them.

Another way.

Dresse them in the Florentine manner as aforesaid, then straw Sugar, Spice, and Salt on them, and so put them into paste as you would doe Turneps, and fry them or seeth them, you may dresse them also in pie paste with the foresaid stuffe, adding a little Verjuice, baking them like Tartes, or frying them, but let them not bee ouerbaked, because they will bee the harder, and so much the worse.

To prepare Hogges grease.

Take fresh larde or fat of a Hog, and cut it like to Chesnuts and salt it well, then stampe it well and let it stand for the space of a day, then set it on the fire, and if it bee an hundred pounds, put in it tenne or twelue quartes of water to it, and let it seeth vntill it be congealed, then skim it and straine it, and put it into a vessell in a fresh and cold place, and by this order it will continue a whole yeare or more.

To make wine of water.

Take the grapes of a wild vine and drie them in the son, then beat them into powder, and put them into water and it will haue the taſt and colour of wine, & if the grape be white it will haue the ſame colour, if red the like.

To make ſweet white Wine.

Take good ſweet Apples according to the quantity of the Wine and ſtampe them well, and put halfe as much Honny as Apples, and mingle them together, then put it into the wine in the veſſell and mingle it well: and this is done beſt with new wine that boyleth in the Mate, or elſe boyle theſe things in ſome veſſell with ſome new wine, then put it to the other, and ſtirre them together.

To make meat for Nightingales.

Take a dramme of Almonds, two drams of Peaſe floure, a dramme of freſh Butter, two drammes of Honny, a little Saffron and two yolkes of Egges, mixe them together, and ſet them to the fire in a pipkin, & giue it to the Nightingales.

To make a compoſition of Pompeons or Mellons.

The Pompeons or Mellons would bee ſcoured and made cleane in Vineger and not in water, and ſo ſtand a moneth or more in Vineger, and if need be the vineger may be changed, and then put them in Honny like vnto a Gourd, and they are made.

To make a Compoſition of Figs, very cordiall.

First prepare your Figs ready in a cleane veſſell, which are

are to bee conſerued, then boyle the Honny and ſkim it well, and being whote put it on the Figges, and let them ſtand in it till it bee cold, this you ſhall doe foure or fiue times, the laſt time take new Honny and boyle it well, and put to it Ginger, Sinamon and Cloues, then put the Figges in the pot wherein they ſhall remaine, being conſerued, theſe Spices muſt bee beaten ſmall, and ſet the Figges in a veſſell in the ſunne, and now and then put Honny mixed with the Spices aforeſaid, and ſo the Figges will be conſerued.

To make ſtrong Vineger and quickly.

Take a pound of Pellitory well ſtamped, and put it in four pottles of wine, then take the foreſaid Pellitory, and boyle it in foure or fiue quarts of ſtrong Vineger, and ſo boyling put it into the caſke, and in twelue daies it will be good.

FINIS.